ADVANCED PRACTICE OF CBT-I

THURSDAY THRU SATURDAY
APRIL 5, 6 and 7, 2018

The University of Pennsylvania
Perelman Quadrangle, Houston Hall
218 Ben Franklin Meeting Room

FACULTY
Michael Perlis PhD, Donn Posner PhD and Jason Ellis PhD

CONTACT
For registration and conference information, contact

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Course Administrator
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Reference PESI program code: 53269PHI

For questions about hotels, Penn and general inquiries, contact:

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PROGRAM OVERVIEW
The purpose of this educational activity is to provide advanced training to licensed clinicians in the practice of CBT-I. The workshop is split 2:1 in favor of active learning exercises to lectures. The learning exercises (Day 2 & 3) include e.g., case presentations and role plays. The lectures (Day 1 only) cover several topics including advanced models of insomnia, actigraphy, interpreting PSG reports, alternative treatment strategies (e.g., sleep compression, bright light treatment, etc.), med titration, etc. The program should position clinicians to more effectively deal with complex issues and cases. This training, along with other CE workshops, supervised practice, a past case load of 10 or more cases, and a reasonable program of self-study (readings and videos) should adequately prepare individuals for the certification exams (as they become available).

CASE SUBMISSIONS
We would like to ask for attendees to consider submitting a case study report for this course. Why should you do such a crazy thing? If you elect to submit a case (and do so on or before the deadline), submit a Power Point presentation according to the course template, and present the case at the course, we will rebate you $100 following your attendance. Please know that these presentations are meant to be instructive for you, the other attendees, and for us. There will be no harsh judgements, tomatoes thrown, etc. These presentations form the core of what the Advanced Course is about and we greatly appreciate the effort expended by attendees who join us as presenters. One need not present to attend the course. Ideally, up to 10 attendees will elect to present cases. Cases due April 10th.

COURSE ELIGIBILITY
Registrants must have: 1) taken a Basic CBT-I workshop (via the VA, or Penn, or Ryerson University, or UMASS or on-line with PESI or CBT-I Educational Products, and, 2) treated 5 to 10 patients. Others may be eligible but this requires a clear demonstration of formal training (e.g., a rotation during internship that focused on the assessment and treatment of insomnia) and once again the treatment of 5 to 10 patients with CBT-I. Those who wish to establish eligibility should write Dr. Michael Perlis at: mperlis@upenn.edu.

REGISTRATION: https://www.pesi.com/events/detail/53945/advanced-cbt-i-2017
COURSE WEBSITE: www.med.upenn.edu/cbti/seminar_advanced.html