



## Advanced CBT-I 2016

**Thursday-Saturday, April 14-16 2016, Houston Hall Penn Campus, Philadelphia, PA**

### Day One Thursday, April 14<sup>th</sup>

8:00-9:30

Review of Advanced Insomnia Models

9:45-10:15

Lecture on alternative delivery systems  
(phone, internet, skype)

Jason Ellis PhD

10:30-11:30

Lecture on alternative measurement of  
sleep (actigraphy, zeo, etc.)

Jason Ellis PhD

1145-1245

Lecture on adjuvant and/or alternative  
treatments (e.g., sleep compression)

Donn Posner PhD

**\*\* 1245-145 Lunch Break \*\***

1:45-3:00

Lecture on interpreting PSG reports  
Michael Perlis PhD

3:00-4:00

Lecture on Med Titration  
Donn Posner PhD

4:00-6:00

Lecture on combo Tx (Meds and CBT-I)  
Michael Perlis PhD

### Day Two Friday, April 15<sup>th</sup>

8-Noon

Case Presentations  
Michael Perlis PhD

Jason Ellis  
Donn Posner

**\*\* 1245-145 Lunch Break \*\***

1-6pm

Case Presentations by Attendees

### Day Three Saturday, April 16<sup>th</sup>

8-Noon

Remaining Case Presentations

**\*\* 1245-145 Lunch Break \*\***

1-6pm

Review of Classical resistances  
&  
Role Plays

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For more information about the course, please visit <http://www.med.upenn.edu/cbti>