Advanced CBT-I 2016

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

Day One Thursday, April 14th
8:00-9:30
Review of Advanced Insomnia Models

Jason Ellis PhD

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

11:45-12:45
Lecture on adjuvant and/or alternative treatments (e.g., sleep compression)

Donn Posner 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 15th

8-Noon
Case Presentations

Michael Perlis PhD

Jason Ellis

Donn Posner

1:45-3:00
Lecture on interpreting PSG reports

Michael Perlis PhD

** 1245-145 Lunch Break **

Day Three Saturday, April 16th
8-Noon
Remaining Case Presentations

** 1245-145 Lunch Break **

1-6pm
Review of Classical resistances & Role Plays

** 1245-145 Lunch Break **

1-6pm
Case Presentations by Attendees

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