



Advanced CBT-I

Day One Thursday, April 16th

8-930

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

Jason Ellis PhD

945-1015

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

Jason Ellis PhD

1030-1130

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

Donn Posner PhD

1145-1245

Lecture on interpreting PSG reports

Michael Perlis PhD

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

145-245

Lecture on combo Tx (Meds and CBT-I)

Michael Perlis PhD

300-400

Lecture on Med Titration

Donn Posner PhD

400-500

Additional time for lectures

Additional time for QnA

Day Two Friday, April 17th

8-Noon

Case Presentations

Demonstration of case data analysis in
order to make and adjust therapy
prescriptions and dissect resistance.

Michael Perlis PhD

Jason Ellis PhD

Donn Posner PhD

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

1-5pm

Case Presentations by Attendees

Practice of case data analysis, for
therapeutic prescription and adjustment
and assessment of resistance using course
attendee case examples.

Day Three Saturday, April 18th

8-Noon

Practice of case data analysis, for
therapeutic prescription and adjustment
and assessment of resistance using
remaining course attendee case examples.

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

1-5pm

Review of classical resistances & role plays
common resistances will be reviewed and
role-plays will be used to demonstrate how
to address such issues.

NOTE:

All 3 days will run from 8-5pm with breaks
every 60-90 minutes and a break for lunch.
Lectures and activities may significantly
vary in their start times given attendee
participation and lecturer extemporization
and circumlocution.