Cognitive Behavioral Therapy for Insomnia (CBT-I)

**Day One**
The first day is dedicated to an orientation to Sleep Medicine, the definition of insomnia, a review of basic etiology and pathophysiology, and a review of treatment approaches.

7:30-8:00 AM
Registration and breakfast

8:00 AM – 10:00 AM
Welcome announcements and orientation
Basics of sleep and behavioral model of insomnia

10:00 AM – 10:15 AM
Break

10:15 AM-12:00 PM
Pharmacological and behavioral treatment options for insomnia

12:00 PM – 1:00 PM
Lunch

1:00PM – 3:00 PM
Session 1- Assessment Part 2-CBT-I forms, devices, setting up sleep diaries

3:00 PM – 3:15 PM
Break

3:15 PM – 6:00 PM
Session 2- Treatment planning, setting up sleep restriction and stimulus control

**Day Two**
The primary focus of the second day will be the implementation of the core elements of eight-session CBT-I (Sleep Restriction, Stimulus Control, and Sleep Hygiene), Cognitive Therapy, Relapse prevention, Practice Management, and case examples.

8:00 AM – 10:00 AM
Breakfast
Session 3- Adherence issues, problem solving and sleep hygiene.

10:00 AM – 10:15 AM
Break

10:15 AM-12:00 PM
Session 4- Cognitive Therapy- General and targeted therapies

12:00 PM – 1:00 PM
Lunch

1:00PM – 3:00 PM
Session 5, 6, & 7- Titration of sleep window, treatment delivery, therapist factors, and charting.

3:00 PM – 3:15 PM
Break

3:15 PM – 5:00 PM
Session 8- Relapse prevention
Concluding Remarks