CBT-I 2014 Cognitive Behavioral Therapy for Insomnia
Thursday-Saturday, October 30th - November 1st 2014, Loews Hotel, Philadelphia PA

Day One Thursday, October 30, 2014
The first day is dedicated to an orientation to Sleep Medicine, the definition of insomnia and a review of basic etiology and pathophysiology, and a review of treatment approaches.

7:00 AM - 8:00 AM
Registration and Continental Breakfast / Exhibits
8:00 AM - 12:30 PM
Welcome Announcements / Orientation
Sleep 101: Overarching Framework
Signs and Symptoms of Sleep Disorders
Coffee Break / Exhibits
Definition of Insomnia
Basic Etiology & Pathophysiology of Insomnia

12:30 PM - 1:30 PM
Lunch (on your own)

1:30 PM - 5:00 PM
Treasuring Insomnia Part I
(Review of Pharmacologic & CBT Options)
Coffee Break / Exhibits
Treasuring Insomnia Part II
(Overview of CBT-I)
Determination of Whether CBT-I is Indicated
(vs. Diagnosis-Based Assessment)

5:00 PM – 6:00 PM
Additional time for above components
Dedicated time for Questions and Answers

Day Two Friday, October 31, 2014
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).

7:00 AM - 8:00 AM
Continental Breakfast / Exhibits
8:00 AM - 12:30 PM
CBT-I Session-by-Session Review Orientation
Session I – Intake Evaluation
Coffee Break / Exhibits
Session II – Treatment Initiation
a) Sleep Restriction Procedures and Rationale
b) Stimulus Control Procedures and Rationale

12:30 PM - 1:30 PM
Lunch (on your own)

1:30 PM - 5:00 PM
Session III – Sleep Hygiene
Sleep Hygiene Procedures and Rationale
Coffee Break and Exhibits
Session IV, VI & VII – Titration and Compliance
Coffee Break and Exhibits

5:00 PM – 6:00 PM
Additional time for above components
Dedicated time for Questions and Answers

Day Three Saturday, November 1, 2014
The primary focus of the third day will be Cognitive Therapy, Relapse prevention, Practice Management, and case examples.

7:00 AM - 8:00 AM
Continental Breakfast / Exhibits
8:00 AM - 12:30 PM
Session V – Cognitive Therapy for Insomnia
Catastrophic Thinking
(Discussion on Alternative Cognitive Treatments)

Session VIII – Relapse Prevention
Practice Management & Billing
(Marnie Shanbhag, PhD)

12:30 PM - 1:30 PM
Lunch (on your own)

1:30 PM - 5:00 PM
Case Examples
General Discussion

5:00 PM – 6:00 PM
Additional time for above components
Dedicated time for Questions and Answers

For more information about the course (and to access feedback from former attendees of the course), please visit http://www.med.upenn.edu/cbti