SO... HOW TO GET FROM HERE TO HERE
**FIRST THIS SEMINAR**

**CBT-I 2013 Cognitive Behavioral Therapy for Insomnia**
*Thursday-Saturday, October 3-5, 2013, Monaco Hotel, Seattle, WA*

### Day One Thursday, October 3, 2013
- 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>7:00 AM - 8:00 AM</td>
<td>Registration and Continental Breakfast / Exhibits</td>
</tr>
<tr>
<td>8:00 AM - 12:30 PM</td>
<td>Welcome Announcements / Orientation</td>
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<tr>
<td></td>
<td>Sleep 101: Overarching Framework</td>
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<tr>
<td></td>
<td>Signs and Symptoms of Sleep Disorders</td>
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<td></td>
<td>Coffee Break / Exhibits</td>
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<tr>
<td></td>
<td>Definition of Insomnia</td>
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<tr>
<td></td>
<td>Etiology &amp; Pathophysiology of Insomnia (Basic Models)</td>
</tr>
<tr>
<td>12:30 PM - 1:30 PM</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:30 PM - 5:00 PM</td>
<td>Treating Insomnia Part I (Review of Pharmacologic &amp; CBT Options)</td>
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<td></td>
<td>Coffee Break / Exhibits</td>
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<tr>
<td></td>
<td>Treating Insomnia Part II (Overview of CBT-I)</td>
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<td></td>
<td>Determination of whether CBT-I is indicated (vs Diagnosis-Based Assessment)</td>
</tr>
<tr>
<td>5:00 PM - 6:20 PM</td>
<td>Additional time for above components</td>
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<td></td>
<td>Dedicated time for Questions and Answers</td>
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</table>

### Day Two Friday, October 4, 2013
- 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).

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>7:00 AM - 8:00 AM</td>
<td>Continental Breakfast / Exhibits</td>
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<tr>
<td>8:00 AM - 12:30 PM</td>
<td>CBT-I Session-by-Session Review Orientation</td>
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<td></td>
<td>Session I – Intake Evaluation</td>
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<td></td>
<td>Coffee Break / Exhibits</td>
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<tr>
<td></td>
<td>Session II – Treatment initiation</td>
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<tr>
<td></td>
<td>a) Sleep Restriction Procedures and Rationale</td>
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<tr>
<td></td>
<td>b) Stimulus Control Procedures and Rationale</td>
</tr>
<tr>
<td>12:30 PM - 1:30 PM</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:30 PM - 5:45 PM</td>
<td>Session III – Sleep Hygiene</td>
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<tr>
<td></td>
<td>Sleep Hygiene Procedures and Rationale</td>
</tr>
<tr>
<td></td>
<td>Coffee Break and Exhibits</td>
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<tr>
<td></td>
<td>Session IV, VI &amp; VII – Titration and Compliance</td>
</tr>
<tr>
<td></td>
<td>Coffee Break and Exhibits</td>
</tr>
<tr>
<td>6:00 PM - 7:30 PM</td>
<td>Informal get together (Appetizer and Drinks)</td>
</tr>
</tbody>
</table>

### Day Three Saturday, October 5, 2013
- The primary focus of the third day will be Cognitive Therapy, Relapse prevention, Practice Management, and case examples.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>7:00 AM - 8:00 AM</td>
<td>Continental Breakfast / Exhibits</td>
</tr>
<tr>
<td>9:00 AM - 12:30 PM</td>
<td>Session V – Cognitive Therapy for Insomnia</td>
</tr>
<tr>
<td></td>
<td>Focus: Catastrophic Thinking</td>
</tr>
<tr>
<td></td>
<td>Discussion on Alternative Cognitive Treatments</td>
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<tr>
<td></td>
<td>Session VIII – Relapse Prevention</td>
</tr>
<tr>
<td></td>
<td>Practice Management &amp; Billing</td>
</tr>
<tr>
<td></td>
<td>(Mamie Shankinb, PhD)</td>
</tr>
<tr>
<td>12:30 PM - 1:30 PM</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:30 PM - 5:45 PM</td>
<td>Case Examples</td>
</tr>
<tr>
<td></td>
<td>General Discussion</td>
</tr>
</tbody>
</table>
THE WORKSHOP
IS INTENDED AS
THE BEGINNING OF THE ROAD
FOLLOW UP STEPS INCLUDE

READ MORE BROADLY

SEE THE MOVIE(S)

OBSERVE 3-5 CASES

CONDUCT 3-5 CASES WITH SUPERVISION

PARTICIPATE IN A MINI-FELLOWSHIP

ENGAGE WITH A PRACTICE CONSULTANT

SEEK OUT CE OPPORTUNITIES
READ MORE BROADLY
READ MORE BROADLY

BSM Treatment Protocols for Insomnia

Introduction

Michael L. Perlis
Department of Psychiatry and Nursing, University of Pennsylvania
School of Medicine, Philadelphia, PA

Though Behavioral Sleep Medicine as a field is in its infancy (perhaps more accurately "in gestation") [1-3], the state of the science with respect to insomnia might be best likened to the fourth decade of life: the organism is fully mature but much remains to be learned, said, and done.

With respect to the maturity of the insomnia area, at this point in time there is a well-defined infrastructure that includes (1) a variety of conceptual models, (2) standardized definitions, (3) a general approach to assessment, (4) well-established therapies that are evidence based (with respect to both efficacy and effectiveness), (5) published treatment manuals and courses available for treatment dissemination and implementation, and (6) a new generation of treatments that hold the promise of even better clinical outcomes than those obtained presently. These issues are briefly reviewed below, followed by a short commentary about future directions for the insomnia field.

STATE OF THE SCIENCE

Conceptual Models

This aspect of behavioral sleep medicine is perhaps the most developed, starting with the early era of sleep research and sleep medicine (1970s and 1980s), the Boström Stimulus Control Perspective [4] and the Spielman Three Factor Model [5]. Since the 1990s there has been a proliferation of theoretical perspectives on the etiology and pathophysiology of insomnia that includes ten human models and three animal models [6]. Taken together, these perspectives provide a rich panoramic view of the factors that (1) may serve to "predispose, precipitate, and perpetuate" insomnia as a disorder; (2) may account for the
READ MORE BROADLY

PRACTICE PARAMETERS FOR THE EVALUATION OF CHRONIC INSOMNIA

Practice Parameters for the Evaluation of Chronic Insomnia

An American Academy of Sleep Medicine Report

Standards of Practice Committee of the American Academy of Sleep Medicine

Leonard L. Buckup, MD, Robert H. Jones, MD, PhD, Michelle H. Ondo, RN, MSc, BSN, and Robert C. burger, MD

A Practice Parameter is a statement of preferred aims for the discipline of sleep medicine based on the consensus among the experts in the domain. While practice parameters are not mandates, they provide guidance for clinicians in the conduct of medical care.

Insomnia is a common condition that affects millions of people worldwide. Chronic insomnia is defined as persistent, frequent, or persistent difficulty with falling asleep, staying asleep, or sleeping during the day. It is a complex and multifaceted disorder that can have significant implications for physical and mental health.

The practice parameters for the evaluation of chronic insomnia outline the steps and considerations for diagnosing and treating this condition, including the use of sleep logs, sleep studies, and other diagnostic tools. The parameters also emphasize the importance of a comprehensive approach to treatment, involving education, behavioral interventions, and, in some cases, medication.

The parameters recommend that clinicians approach the evaluation of chronic insomnia with a thorough assessment of the patient's sleep habits, sleep environment, and medical history. They also emphasize the importance of addressing any underlying medical conditions or psychological factors that may contribute to the insomnia.

The parameters conclude with a set of recommendations for the treatment of chronic insomnia, including the use of cognitive-behavioral therapy, medication, and other approaches. They also highlight the importance of ongoing monitoring and adjustment of treatment plans to ensure the best possible outcomes for patients.
SEE THE MOVIE(S)

OBSERVE 3-5 CASES
OBSERVE A CASE VIDEO

COGNITIVE BEHAVIORAL TREATMENT FOR INSOMNIA
8 SESSION CBT I: SESSION B
EXAMPLE TREATMENT VIDEO

FEATURING
Donn Posner PhD
Director, Behavioral Sleep Medicine Program
Department of Psychiatry
Brown University
Providence, RI

www.pesi.com
PARTICIPATE IN A MINI-FELLOWSHIP
CONDUCT 3-5 CASES WITH SUPERVISION
<table>
<thead>
<tr>
<th>Name</th>
<th>University</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donn Posner</td>
<td>Stanford University</td>
</tr>
<tr>
<td>Richard Bootzin</td>
<td>University of Arizona</td>
</tr>
<tr>
<td>Art Spielman</td>
<td>CUNY</td>
</tr>
<tr>
<td>Charles Morin</td>
<td>Laval University</td>
</tr>
<tr>
<td>Ken Lichstein</td>
<td>Univ. of Alabama</td>
</tr>
<tr>
<td>Jack Edinger</td>
<td>National Jewish (Denver)</td>
</tr>
<tr>
<td>Jason Ellis</td>
<td>Northumbria University</td>
</tr>
<tr>
<td>Kevin Morgan</td>
<td>Loughborough University</td>
</tr>
<tr>
<td>Colin Espie</td>
<td>Oxford University</td>
</tr>
</tbody>
</table>
# Behavioral Sleep Medicine Specialists

These individuals have earned certification in behavioral sleep medicine:

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>Country</th>
<th>Date Certified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunoj Abraham, MD, FCCP, D, ABSM, FACP</td>
<td>Hernando</td>
<td>FL</td>
<td>34442</td>
<td></td>
<td>6/18/2006</td>
</tr>
<tr>
<td>Mark S. Aloia, Ph.D.</td>
<td>Providence</td>
<td>RI</td>
<td>02906</td>
<td></td>
<td>6/18/2006</td>
</tr>
<tr>
<td>Sonia Ancoli-Israel, Ph.D., D, ABSM</td>
<td>San Diego</td>
<td>CA</td>
<td>92161</td>
<td></td>
<td>6/4/2003</td>
</tr>
<tr>
<td>Carolyn Andrews, PhD</td>
<td>Skokie</td>
<td>IL</td>
<td>60077</td>
<td></td>
<td>6/8/2008</td>
</tr>
<tr>
<td>Amy Aronsky, DO</td>
<td>Kelso</td>
<td>WA</td>
<td>98626</td>
<td></td>
<td>6/8/2008</td>
</tr>
<tr>
<td>Kristin Avis, Ph.D.</td>
<td>Birmingham</td>
<td>AL</td>
<td>35233</td>
<td></td>
<td>6/18/2006</td>
</tr>
<tr>
<td>Erin K. Baehr, Ph.D.</td>
<td>Woodbine</td>
<td>MD</td>
<td>21797</td>
<td></td>
<td>6/19/2005</td>
</tr>
<tr>
<td>Anne D. Bartolucci, PhD</td>
<td>Decatur</td>
<td>GA</td>
<td>30033</td>
<td></td>
<td>6/10/2007</td>
</tr>
<tr>
<td>Linda Berg-Cross, PhD</td>
<td>Potomac</td>
<td>MD</td>
<td>20854-6235</td>
<td></td>
<td>6/6/2010</td>
</tr>
<tr>
<td>Rakesh Bhattacharjee, MD</td>
<td>Louisville</td>
<td>KY</td>
<td>40241</td>
<td></td>
<td>6/8/2008</td>
</tr>
</tbody>
</table>

[www.absm.org/bsmspecialists.aspx](http://www.absm.org/bsmspecialists.aspx)
CONDUCT 3-5 CASES WITH SUPERVISION

2012 CBT-I Seminar: October 19th-21st, Bethesda, MD

http://www.med.upenn.edu/cbti/GroupSupervision.html
ADVANCED TRAINING

Training opportunities at the University of Glasgow Sleep Centre

Related Department: Community Based Sciences MSc (Med Sci): 12 months full time
PGDip 24 months part-time

This programme is designed to meet the needs of trainees to develop skills in evidence-based practice in sleep disorders. The programme includes a research project to be followed at the PGDip level.

The course will be delivered using a range of teaching methods. Consequently, it is aimed primarily at UK students, with opportunities for students from overseas to join the programme using existing funding arrangements.

Course 1: The nature and function of sleep
Course 2: Description, aetiology, and treatment of sleep disorders
Course 3: BSM Assessment of sleep
Course 4: Psychological treatments in BSM
Course 5: Evidence based practice in BSM
Course 6: Specialist populations and BSM practice
Course 7: Sleep laboratory assessment practices
Course 8: Professional practice of BSM
Course 9: Research design and quantitative methods
### Advanced CBT-I 2014

**Thursday-Saturday, April 17-19 2014, Loews Hotel Center City Philadelphia, PA**

<table>
<thead>
<tr>
<th><strong>Day One</strong></th>
<th><strong>Day Two</strong></th>
<th><strong>Day Three</strong></th>
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<tbody>
<tr>
<td>Thursday, April 17th</td>
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<tr>
<td>Lecture on alternative delivery systems (phone, internet, skype)</td>
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<td>Lecture on alternative measurement of sleep (actigraphy, zeo, etc.)</td>
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<tr>
<td>Lecture on adjuvant and/or alternative treatments (e.g., bright light, ISR and sleep compression)</td>
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<td>Lecture on interpreting PSG reports</td>
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<td>Lecture on interpreting Clinical Chemistries reports</td>
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<td>Lecture on combo Tx (Meds and CBT-I)</td>
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<td>Lecture on Med Titration</td>
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<tr>
<td>Friday, April 18th</td>
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<tr>
<td>Lecture on treating complex cases</td>
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<tr>
<td>Case Presentations by Donn and MLP</td>
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<tr>
<td>Case Presentations by attendees</td>
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<tr>
<td>Saturday, April 19th</td>
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<tr>
<td>Review of classical resistances</td>
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<tr>
<td>Role Plays (2-4 hours)</td>
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For more information about the course, please visit [http://www.med.upenn.edu/cbt](http://www.med.upenn.edu/cbt)
CONTINUING EDUCATION OPPORTUNITIES

Society of Behavioral Sleep Medicine
Behavioral Sleep Medicine Course

Date: April 2-3, 2011  |  Location: National Office - Chicago, IL (Chiago/Indiana)
Course Chair: Hyung W. Welp, PsyD, CBM, CSHM  |  CME and CE Credits for Psychologists: 10.00
Advanced Registration Deadline: March 6, 2011

Course Overview
A unique and comprehensive course, leading clinicians and researchers in sleep medicine will provide an overview of the application of psychological principles to the evaluation and treatment of sleep disorders.

Target Audience
Psychologists, physicians, and other healthcare providers seeking to augment their knowledge of the role of psychology in the evaluation and treatment of sleep disorders.

Course Objectives
Upon completion of the course, participants will:
1. Review the history and future of the field of behavioral sleep medicine
2. Explain sleep-diagnostic tests and commonly utilized behavioral sleep evaluation procedures
3. Apply a cognitive-behavioral approach to treating chronic insomnia and other sleep disorders
4. Adopt cognitive-behavioral treatment approaches to those experiencing co-existing anxiety, depression and other conditions
5. Differentiate circadian science and apply this knowledge to managing circadian rhythm sleep disorders
6. Develop approaches to assisting patients dependent on sleep agents
7. Apply cognitive-behavioral approaches to managing common psychiatric sleep disturbances
8. Develop strategies to managing nightmares and other parasomnias
9. Discuss basic behavioral sleep billing procedures
10. Discuss the role of behavioral sleep specialists in the management of sleep apnea.

Preliminary Schedule and Topics
Saturday, April 2, 2011
12:00 pm - 1:00 pm  |  Registration
1:00 pm - 2:00 pm  |  History and Scientific Underpinnings of Behavioral Sleep Medicine
Kenneth Kofsky, PhD, CBM, CSHM
2:00 pm - 3:00 pm  |  Behavioral Sleep Medicine Evaluation Procedures and Billing Considerations
Ryan Welp, PsyD, CBM
3:00 pm - 3:15 pm  |  Break
3:15 pm - 4:15 pm  |  Cognitive Behavioral Treatment of Chronic Insomnia
Rachel Marotz, PhD, CBM
4:15 pm - 5:15 pm  |  Cognitive Behavioral Approaches for Insomnia in those with Anxiety, Depression, and other Co-existing Conditions
Rachel Marotz, PhD, CBM

Sunday, April 3, 2011
7:00 am - 9:00 am  |  Continental Breakfast
8:00 am - 9:00 am  |  Evaluation and Treatment of Hypnic Enuresis
Kenneth Kofsky, PhD, CBM, CSHM
9:00 am - 10:00 am  |  Evaluation and Treatment of Circadian Rhythm Sleep Disorders
Helen Burgess, PhD
10:00 am - 10:15 am  |  Break

Questions? Call the SEBM at 312-737-7076

Continued on next page

www.behavioralsleep.org/Course.aspx
Behavioral Sleep Medicine: Evidence-Based Treatments for Sleep Disorders (Workshop Code: #108)

Workshop Description
An overwhelming number of patients have sleep problems, which can be disconcerting to clinicians without the training to treat these disorders. An abundance of evidence supports several psychological treatments of sleep disorders such as insomnia, parasomnias, and circadian rhythm disorders. There is a growing need for practitioners with expertise in these techniques. The main goal of this INTRODUCTORY workshop is to educate clinicians about how to provide and be reimbursed for, empirically validated treatments for common sleep disorders (e.g., insomnia).

This workshop is designed to help you:
1. Discuss the prevalence of sleep disorders treatable with behavioral and cognitive interventions,
2. Apply the theorized etiology of these disorders in developing a treatment plan,
3. Provide empirically validated treatments for these disorders in adults,
4. Provide empirically validated treatments for these disorders in children,
5. Develop a practice specialty in behavioral sleep medicine through collaboration with local sleep disorders centers,
6. Apply effective billing methods for behavioral sleep medicine services, and
7. Prepare to become certified in behavioral sleep medicine.

Leader: Daniel J. Taylor, PhD, University of North Texas, Denton, TX
CONFERENCE OFFERINGS

WORKSHOP
Hands-on Training in CBT for Insomnia in Those with Anxiety Disorders, Depression, and other Comorbid Conditions

Instructors: Manber & Carney

CLINICAL ROUND TABLE 11
Providing CBT Behavioral Sleep Medicine in Primary Care Settings: Relevance to Clinical Necessity

Chair: Rachel Manber
Panelists: Anne Bartolucci, Shannon Sullivan, Kathy Sexton-Radek, Jason Ong, Christine Nash, Bret Kuhn, Jacqueline Kloss, Shelby Freedman Harris

SYMPOSIUM 20
Modifications of CBT for a Diverse Spectrum of Older Adults with Comorbid Conditions

Chairs: Patricia Haynes, Jennifer Martin
Discussant: Richard Doberin

SYMPOSIUM 33
An Introduction to Behavioral Sleep Medicine

Chair: Robert Meyers
Discussants: Christina McCrae, Daniel Taylor, Michael Smith, Michael Peris

SYMPOSIUM 44
Sleep Across Aids Disorders

Chair: Lisa Talbot
Discussant: Allison Harvey

SYMPOSIUM 51
Sleep and Internalizing Disorders in Children and Adolescents

Chairs: Courtney Weiner
Donna Pincus
Discussant: Ron Dahl

SIG MEETING
Insomnia and Other Sleep Disorders
Friday, 3:30 p.m. - 5:00 p.m., Union Square 8
Freeway Entrance
About the Group

This list serves exists for the sole purpose of promoting the free exchange of information and ideas amongst Behavioral Sleep Medicine clinicians, scholars, and researchers.

To join, just enter your email: 

Join the list!

Read more about the history of the group.

Learn how to be involved in the group.
American Academy of Sleep Medicine

hereby certifies that

John Q Public PhD

has satisfied the requirements of the Academy and is hereith
certified in the practice of

Behavioral Sleep Medicine

June 6, 2004

Michael J. Sateia
President

www.aasmnet.org/BSM.aspx
Biographical Data
Last Name: ___________________________ First Name: ___________________________ Middle Initial: _______ Suffix: _______
Degree(s): ___________________________ Date of Birth: ___/___/____, Gender: ☐ Male ☐ Female

Addresses and Directory Information (Please provide both addresses and check preferred mailing address)
Members who join after February 28, 2010, will not receive or be included in the 2010-2011 Membership Directory. Directories will be mailed to home of record.
Send us a printed copy of future membership directories: ☐ Yes ☐ No
☐ Professional Address (Listed in the online Membership Directory and annual printed Membership Directory. If professional address is provided, only your name will be listed in the directory)
Business Name: ___________________________
Address: ____________________________________________________________
City: ___________________ State: _______ Postal Code: ___________ Country: _______
Phone: ___________________ Fax: ___________________ E-mail: ________________

☐ Home Address
Address: ____________________________________________________________
City: ___________________ State: _______ Postal Code: ___________ Country: _______
Phone: ___________________ Fax: ___________________ E-mail: ________________
* E-mail address will be used to provide members with information about AASM and industry news and event. The AASM does NOT use e-mail address to sell joint promotions.

Licensing (Required if applicable; this section must be completed if applying for Regular Membership)
State: ___________ Registration Year: ___________ Type: ___________ License Number: ___________

Board Certification (Required if applicable; check all that apply; this section must be completed if applying for Regular Membership)
☐ Critical Care ☐ Family Practice ☐ Internal Medicine ☐ Neurology
☐ Otolaryngology ☐ Radiation ☐ Psychiatry ☐ Psychology
☐ Pulmonary Diseases ☐ Sleep Medicine ☐ Other: ________________

Are you certified by the American Board of Medical Specialties in sleep medicine? ☐ Y ☐ N
Are you currently a member of the American Medical Association? ☐ Y ☐ N If yes, number: ___________

Membership Sections
A free benefit of AASM membership, membership sections provide members from various specialties opportunities to share insights, methodologies and research regarding sleep disorders and treatments.
Primary Section:* ________________ (Write in your selection from list below)

Additional Section Membership (Check all that apply)
☐ Childhood Sleep Disorders ☐ Canadian Rhythms ☐ Insomnia ☐ Movement Disorders
☐ Narcolepsy ☐ Parasomnias ☐ Sleep Deprivation ☐ Sleep Related Breathing Disorders

American Academy of Sleep Medicine 2510 North Frontage Road, Itasca, IL 60143 Phone: 630-737-9700 Fax: 630-737-9780 E-mail: AASMmembership@asasm.org Website: www.asasm.org www.sleepmed.org www.sleepeducation.com
The University of Pennsylvania

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
mperlis@upenn.edu