



CBT-I 2016 Cognitive Behavioral Therapy for Insomnia

November 3-5 2016, Philadelphia PA, Doubletree Hotel on South Broadway

Day One

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

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

Treating Insomnia Part I

(Review of Pharmacologic & CBT Options)

Coffee Break / Exhibits

Treating 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

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).

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

The primary focus of the third day will be Cognitive Therapy, Relapse prevention, Practice Management, and case examples.

8:00 AM - 12:30 PM

Session V – Cognitive Therapy for Insomnia

Catastrophic Thinking

(Discussion on Alternative Cognitive Treatments)

Session VIII – Relapse Prevention

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>