

CE TRAININGS IN SLEEP MEDICINE, BSM, AND CBT-I

Behavioral Sleep Medicine

1. Developing & Expanding Your BSM Practice: A Case Based Approach
 - <http://www.behavioralsleep.org/Course.aspx>
 - October 17-18, 2015 (annual) - IL
 - Course Chair: Patricia Haynes
2. Pediatric Sleep Medicine Conference: Advances in Research, Patient Care, Policy, and Education
 - <http://www.brown.edu/academics/medical/education/other-programs/continuing-medical-education/pedsleepmedconference>
 - November 14-15, 2015 (biennial) – FL
 - Keynote: Mark Rosekind
3. Society of Behavioral Sleep Medicine Conference
 - <http://www.behavioralsleep.org/AnnualMeeting.aspx>
 - (Next TBD) (annual)

General Sleep Medicine

1. Annual Sleep Medicine Conference: SLEEP
 - <http://www.sleepmeeting.org/>
 - June 11-15, 2016 (annual) – CO
2. British Sleep Society Newcastle Sleep 2015 Conference
 - <http://www.bss.execbstest.co.uk>
 - October 22-24, 2015 (biennial)- Newcastle
3. American Association of Sleep Technologists
 - <http://www.aastweb.org/ContinuingEd.aspx>
 - October 9-10, 2015 – Branson, MO

CBT-I Trainings

-Treatment Manuals (can be found on Amazon)

- Morin & Espie
 - Perlis, Jungquist, Posner and Smith
 - Edinger & Carney
 - Manber & Carney
 - Jacobs Training Manual and Webinar:
<http://www.cbtforsomnia.com/products-page/>
1. Penn 3 day Basic Course: Principals and Practice of CBT-I
 - <http://www.med.upenn.edu/cbti/index.html>

- October, 2016 (annual) – PA
 - Live webcast: <https://catalog.pesi.com/item/8712>
2. Penn 3 day Advanced Course
 - http://www.med.upenn.edu/cbti/seminar_advanced.html
 - April, 2016 (annual) - PA
 3. Penn 3-4 day Mini-fellowship
 - <http://www.med.upenn.edu/bsm/Mini-Fellowship.html>
 - Available monthly - PA
 4. Cognitive Behavioral Therapy for Insomnia Video Vignettes
 - <http://www.cbtieducationalproducts.com/>
 - Presenters: Michael Perlis & Donn Posner
 - Available
 5. Center for Deployment Psychology
 - <http://deploymentpsych.org/training/cognitive-behavioral-therapy-insomnia-cbt-i-edwards-afb-ca-20-21-oct-2015>
 - October 20th-21st, 2015 (annual) – CA
 - Webinar: <http://deploymentpsych.org/training/online-cognitive-behavioral-therapy-insomnia-cbt-i-training-second-life-5-6-november>
 - November 5-6, 2015
 6. Boulder Center for Cognitive and Behavioral Therapies
 - <http://bouldercbt.com/cbtinsomniatraining/>
 - PASSED June 12, 2015 – but can still get web-based training

Penn Sleep Center Webinars

- http://penncmehome.com/sleep_medicine/dashboard
- Cost=Free; Must create a profile/provide information
- Date: At your convenience

Online CE Opportunities

- AASM: <http://www.continuingeducation.com/course/cmez426/insomnia-sleepless-in-america/>
 - Available until Nov. 2017
- Massachusetts General Hospital – Psychiatry Academy: http://mghcme.org/courses/course-detail/new_strategies_for_treatment_of_insomnia_2015
 - Available until December 31, 2015

- Oxford Online Programme in Sleep Medicine (leads to MSc or PGDip):
<http://www.ndcn.ox.ac.uk/study/continuing-professional-development/the-oxford-online-programme-in-sleep-medicine>
 - Starts October 2016
- Nursing Continuing Education – Basic Sleep:
<http://www.ceufast.com/courses/viewcourse.asp?id=236>
 - Available (no end date)
- Health Forum Online:
https://www.healthforumonline.com/HF/10.16.12_HFO_PR.html
 - Available (no end date)