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.cbtforinsomnia.com/products-page/

1. Penn 3 day Basic Course: Principals and Practice of CBT-I
   • http://www.med.upenn.edu/cbti/index.html
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
   - 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://penncmeonline.com/sleep_medicine/dashboard
- Cost=Free; Must create a profile/provide information
- Date: At your convenience

**Online CE Opportunities**

  - Available until Nov. 2017
- Massachusetts General Hospital – Psychiatry Academy:
  - 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
    o Starts October 2016
• Nursing Continuing Education – Basic Sleep:
  http://www.ceufast.com/courses/viewcourse.asp?id=236
    o Available (no end date)
• Health Forum Online:
  https://www.healthforumonline.com/HF/10.16.12_HFO_PR.html
    o Available (no end date)