



<https://www.med.upenn.edu/bsm/>

### **1. Program Overview (Penn Mini-Fellowship [PMF])**

For clinicians interested in a broader exposure to Behavioral Sleep Medicine and Sleep Medicine, we offer a 3-day mini-fellowship. This experience utilizes a small group format (1-2 instructors/mentors and 2-4 attendees/didactic), covers a broad range of advanced topics, and provides the opportunity for extensive QnA. Please see our web site for a link to a sample itinerary.

The PMF is designed for clinicians & clinical researchers with prior training and/or significant experience with CBT-I and/or Behavioral Sleep Medicine. Eligible candidates should have a minimum training of 30-60 hours of didactics (e.g. one of the CBT-I basic courses) and/or 5-10 completed cases of CBT-I.

The PMF will occur on a bi-monthly basis on the second Tuesday, Wednesday, and Thursday of the month (February, April, June, August, October, and December). Practices and institutions that wish to book the PMF for a group are welcome to do so.

### **2. Behavioral/Educational Objectives**

Below are general objectives that will be tailored to the needs and interests of each group.

Describe the etiology of insomnia (beyond the 3P model)

Describe the pathophysiology of insomnia (beyond the mismatch, conditioning, and stimulus dyscontrol)

Identify key features of sleep restriction (beyond the mismatch)

Identify key features of stimulus control (beyond stimulus dyscontrol)

Describe sleep hygiene (The good, the bad, and the ugly)

Summarize normal sleep processes.

Explain normal and abnormal sleep architecture

Recognize key features (signs and symptoms) of commonly-occurring sleep disorders

Interpret data from common sleep assessment methods (focus is largely on PSG, PSA, and Actigraphy).

### **3. Target Audience**

The course is designed for Psychologists, Social Workers, Nurses, Nurse Practitioners, and Physicians.

### **4. Continuing Education Information**

The Department of Psychiatry University of Pennsylvania is approved by the American Psychological Association to sponsor continuing education for psychologists. Participation in the PMF carries between 15 and 22 CE credits.

### **5. Fees**

The fee for the Mini-Fellowship is \$1699.00 per person. A \$25 fee is applicable for anyone applying for APA CE credit. Payment should be made by checks *made payable to* "The Trustees of the University of Pennsylvania" with a note in the Memo line: for BSM program PMF *mailed to*:

Eileen Mergliano BSM Program Administrator  
Department of Psychiatry, University of Pennsylvania  
3535 Market St., Suite 670  
Philadelphia, PA 19104

Please be sure the checks are handled as described, otherwise they are likely to be misrouted.

## 6. Special Needs Statement

If special arrangements are required for an individual with a disability to attend this meeting, please contact Michael Perlis PhD at [mperlis@upenn.edu](mailto:mperlis@upenn.edu) , no later than two weeks prior to the lecture date.

## 7. Nondiscrimination statement

The Behavioral Sleep Medicine Program and The University of Pennsylvania values diversity and seeks talented students, faculty, and staff from diverse backgrounds. Our program and the University do not discriminate on the basis of race, sex, sexual orientation, religion, color, national or ethnic origin, age, disability, or status as a veteran. Questions or complaints regarding this policy should be directed to the Executive Director, Office of Affirmative Action, 1133 Blockley Hall, Philadelphia, PA 19104-6021 or 215/898-6993 (Voice) or 215/898-7803 (TDD).

## 8. Cancellation and Refund Policy Statement

Registrants. Course registration may be cancelled up to 4 weeks prior to the scheduled activity. Cancellation, on or before 4 weeks prior to the PMF, will allow for a full refund of registration fees. *No refunds will be provided if the cancellation occurs after the 4 week deadline.* Program. If the faculty of the PMF have to cancel the activity, program will provide a full refund of registration fees. In either case, no refund or compensation will be provided for related expenses (cancellation fees levied by travel agencies, airlines, hotels, etc.). Cancellation by program will, however, additionally compensate registrants by providing complimentary access to one or both of the Penn BSM courses and/or complimentary copies of the CBT-I Educational Products' mock case vignette DVDs.

## 9. Disclosure of Relevant Financial Relationships

All the standing faculty in the PMF program have no commercial interests related to CBT-I or Behavioral Sleep Medicine, apart from not-for-profit educational activities or research grants related to BSM. For a full disclosure of each faculty members related activities, please visit our web sites at:

[Penn Behavioral Sleep Medicine  
www.med.upenn.edu/bsm](http://www.med.upenn.edu/bsm)

