

BEHAVIORAL SLEEP MEDICINE PROGRAM

<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. Daily Activities

- Day 1 is with Michael Perlis (101 questions you have always wanted to ask + other advanced topics, e.g., alternative models of insomnia, PSG report interpretation, EEG classification of sleep, sleep meds, etc).
- Day 2 is with 3-4 other BSM faculty including:
 - Phil Gehrman PhD (signs & symptoms of intrinsic sleep DXs, assessment, & actigraphy).
 - Jackie Kloss PhD (Women's Health and Sleep; Sleep in Adolescence.
 - Babi Chakravorty MD (Sleep and addictions, Sleep Meds)
- Day 3 is with Jim Findley PhD (review of recorded sessions and advanced practice issues).

3. Behavioral/Educational Objectives

Upon completion of this series, participants should be able to:

1. Describe the etiology of insomnia
2. Describe the pathophysiology of insomnia
3. Identify the theoretical underpinnings of Cognitive Behavioral Therapy for Insomnia (CBT-I)
4. Identify the key features of sleep restriction
5. Delineate the procedures and rationale for stimulus control
6. Describe sleep hygiene (value and hype)
7. Summarize cognitive restructuring as applied to insomnia (esp. decatastrophization)
8. Identify key features (signs and symptoms) of commonly-occurring sleep disorders
9. Describe normal sleep processes (e.g., two process model) and normal/abnormal sleep architecture
10. Describe common behavioral interventions for adults with sleep disorders
11. Interpret PSG reports (interpretation of sleep continuity & sleep architecture values, AHI, oximetry, and PLMI)
12. Describe actigraphic measure of sleep continuity and interpret actigraphy reports
13. Describe common methods for the medical management of insomnia
14. Summarize effects of alcohol and alcohol abuse and withdraw on sleep
15. Describe gender effects on sleep (e.g., menarche, menses, pregnancy, and menopause)
16. Observe and critique recorded therapist delivery of the components of CBT-I

4. Target Audience

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

5. Continuing Education Information

The Department of Psychiatry at University of Pennsylvania is approved by the American Psychological Association to sponsor continuing education for psychologists. The Department of Psychiatry at University of Pennsylvania maintains responsibility for this program and its content. Participation in the BSM Mini-Fellowship carries 21 CE credits.

6. 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

If CE credits are sought, please provide two checks: one for \$1699 and one for \$25.

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, 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 on or 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

