



BEHAVIORAL SLEEP MEDICINE PROGRAM

PENN Behavioral Sleep Medicine Mini-Fellowship

Registration

Name (First and Last and Degree) _____

Discipline _____ Years in Clinical Practice _____

Prior CBT-I / BSM Training _____

Email & Cell Phone _____

Institutional Affiliation _____

Proposed Date of Fellowship _____ (Month and year, all fellowships are 2nd week of the month)

Are you attending with a colleague? Yes No. If yes, please indicate who _____

Program Information

Thank you for your interest in our program. Please complete this form and return it to me at least two months prior to the scheduled event (send to mperlis@upenn.edu with a cc/ to Mark.Seewald@penmedicine.upenn.edu)

The dates for each Penn Mini-Fellowship (PMF) will be the 2nd Tuesday, Wednesday, and Thursday of the month on a bi-monthly basis starting in February 2018.

Each group PMF will be 4-5 people and will proceed according to the following schedule.

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 four BSM faculty

Lauren Daniels PhD (pediatric sleep medicine)

Jackie Kloss PhD (women's health and sleep; sleep in adolescence)

Phil Gehrman PhD (signs & symptoms of intrinsic sleep DXs, assessment, actigraphy).

Babi Chakravorty MD (sleep and addictions, sleep meds)

Optional: Erin Vera PhD (sleep and weight & sleep and pain)

Day 3 is with Jim Findley PhD (review of recorded sessions and the finer points of CBT-I Practice).

Day 4 (optional ½ day) with Donn Posner, case discussions.

The cost is \$1699 + \$25 for APA CEs per person. **Payment should be sent as two separate checks** and is due no later than 1 month prior to the start date for the PMF. Make both checks payable to the "Trustees of the University of Pennsylvania" with a clear note on the memo line "for the Penn BSM Mini-Fellowship program". The checks should be mailed to:

PENN Behavioral Sleep Medicine Mini-Fellowship Program
c/o Mr. Mark Seewald
Department of Psychiatry, University of Pennsylvania
3535 Market Street, Suite 670 Room #6125
Philadelphia, PA 19104-3309

Cancellation Policy.

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.

Please address all questions to mperlis@upenn.edu, with a cc/ to our program coordinator at Mark.Seewald@penmedicine.upenn.edu