COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA

First things first.

THANK YOU FOR BEING HERE!
THANK YOU FOR BEING HERE
THANK YOU FOR YOUR INTEREST

What can be said about business that takes three days? ... (and) the course is one lecture. I thought: If this guy is bad, this could be a three-day long seminar? Despite these reservations, I signed up. I now know what I didn’t know. The course could easily be five days.

Anonymous, Minneapolis, MN

LECTURER
Michael L. Perlis PhD
Associate Professor, Psychiatry & Nursing
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DISCUSSANT
Donn Posner PhD
Clinical Associate Professor of Psychiatry and Human Behavior,
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Psychologist II, Veterans Affairs Palo Alto Health Care System

GUEST DISCUSSANT & LECTURER
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DISCUSSANT
DISCLOSURE

THE FOLLOWING FACULTY HAVE REPORTED THE LISTED RELEVANT FINANCIAL RELATIONSHIPS WITH COMMERCIAL INTERESTS RELATED TO THE CONTENT OF THIS EDUCATIONAL ACTIVITY.

DONN POSNER, PH.D., CBSM

AUTHOR
Springer

BUSINESS AFFILIATIONS
CBT-I EDUCATIONAL PRODUCTS

CONSULTANT WORK
Private Behavioral Sleep Medicine Consultant

PI INITIATED GRANTS
NIH

SOCIETAL AFFILIATIONS
APA, AASM, SBSM, ABCT, and SSMB

DISCLOSURE

THE FOLLOWING FACULTY HAVE REPORTED THE LISTED RELEVANT FINANCIAL RELATIONSHIPS WITH COMMERCIAL INTERESTS RELATED TO THE CONTENT OF THIS EDUCATIONAL ACTIVITY.

JASON ELLIS (PhD)

PRESENT / PAST CONSULTANT WORK
Slumberdown, Champneys, BBC, Newcastle SHF, Mater Private, Manchester City Football Club, GB Netball Team, Cussons Pearl

PRESENT / PAST PI INITIATED GRANTS
UCB Pharma, Transport for London, Mammoth Technology, Cherry Active, Gateshead PCT, GGC PCT, Action for ME, ESRC, Wellcome Trust, ME Association, HEIF, Royal Society Edinburgh

SOCIETAL AFFILIATIONS
SRS, HCPC, BPS, BSS, ESRS
A WORD ABOUT THE CONTENT OF THE COURSE

DAY 1 =

DAY 2 =

DISCIPLINES?
SPECIALTIES?
CBT-I?
A WORD ABOUT THE CONTENT OF THE COURSE

DAY 3 =

DAY BY DAY

THE QUESTION OF THE DAY

WHAT'S COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)?
IN A NUTSHELL

INSOMNIA TREATMENTS

• Sleep Restriction
• Stimulus Control
• Sleep Hygiene
• Cognitive Therapy
• Phototherapy
• Relaxation

THE BT OF CBT-I
WHAT'S THE IN CBT-I?

SO... HOW TO GET FROM HERE HERE TO HERE

FIRST THIS SEMINAR
THE SEMINAR IS INTENDED AS THE BEGINNING OF THE ROAD

FOLLOW UP STEPS INCLUDE
READ MORE BROADLY
SEE THE MOVIE(S)
OBSERVE 3-5 CASES
CONDUCT 3-5 CASES WITH SUPERVISION
ENGAGE WITH A PRACTICE CONSULTANT
SEEK OUT CE OPPORTUNITIES

READ MORE BROADLY

[Image of a book cover]
OBSERVE 3-5 CASES

OBSERVE A CASE VIDEO

CONDUCT 3-5 CASES WITH SUPERVISION
JEDI MASTERS

Donn Posner  Brown University
Richard Bootzin  University of Arizona
Art Spielman  CUNY
Ken Lichstein  Univ. of Alabama
Sara Matteson  University of Rochester
Phil Gehrmann  University of Pennsylvania
Ryan Wetzler  Private Practice
Jen Martin  UCLA & Private Practice
Todd Arndt  University of Michigan
OTHER JEDI

www.absm.org/bsmspecialists.aspx

www.behavioralsleep.org/findspecialist.aspx

CONDUCT 3-5 CASES WITH SUPERVISION

http://www.med.upenn.edu/cbti/GroupSupervision.html

Practice and Billing Consultation - PhDs

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Coaching & Consultation

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Fax: 407-644-0329
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www.eye.ox.ac.uk/research/msc-sleep-behaviour
ADVANCED TRAINING

Advanced CBT I 2014

Workshop:
- Day One, Thursday, April 17th:
  - Lecture on the importance of sleep hygiene
  - Case preparation by keynote speaker
  - Case presentation by keynote speaker
  - Lecture on the role of sleep in mental health
  - Lecture on sleep and mental health

- Day Two, Friday, April 18th:
  - Lecture on sleep disorders
  - Case presentation by keynote speaker
  - Lecture on sleep and mental health

- Day Three, Saturday, April 19th:
  - Lecture on sleep and mental health
  - Case presentation by keynote speaker
  - Lecture on sleep and mental health

For more information about the course, please visit www.behavioralsleep.org/Course.aspx

CONTINUING EDUCATION OPPORTUNITIES

www.behavioralsleep.org/Course.aspx
WORKSHOP AND SEMINAR OFFERINGS

ABCT 49th Annual Convention

ABCT | Hilton Chicago Hotel
Thursday, Nov. 12 – Sunday, Nov. 15

CONFERENCE OFFERINGS
RESPONDING TO QUESTIONS
SCRIBE

ITEMS FOR GIFT BASKET
SPELLING ERRORS

READER

ON THE HOUR

TAKE A BREAK
THIS ALONE WORTH THE PRICE OF ADMISSION

WITHOUT FURTHER ADO LET’S GET TO WORK

Michael Perlis PhD
Director, Upenn Behavioral Sleep Medicine Program
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