

Advanced CBT-I Course Educational Objectives

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

1. Describe the advanced models of Insomnia
2. Identify the major aspects of the models that are not covered by the 3P/4P or 2 Process Models.
3. Specify why each component is of relevance for both theory and practice.
4. Describe the relative merits of conducting CBT-I in person, by phone, by Skype and other tele-health technologies
5. Identify the major advantages of Group CBT-I
6. Recount how the efficacy of Group CBT-I differs from in person CBT-I
7. Specify the primary limiting factor re: CBT-I by phone and Skype
8. Describe what actigraphy is
9. Define the relative merits of the various equipment alternatives
10. Identify the primary uses of actigraphy within the context of CBT-I
11. Relate why actigraphy is not (in general) a substitute for sleep diaries
12. Identify the common adjuvant and alternative treatments that can be used to modify or substitute for CBT-I
13. Describe the rationale for using common adjuvant and alternative treatments
14. Explain how to conduct the adjuvant and alternative treatments.
15. Define AHI, AI, and PLMI
16. Describe the scales and what the clinical thresholds are...
17. Identify each of the graphics on a multi-plot hypnogram
18. Identify when SDB occurs positionally or largely in relation to REM sleep
19. Describe the behavioral treatments for SDB & PLMs
20. Identify 3 possible options for hypnotic medication tapering.
21. Describe the relative merits for the 3 options of hypnotic medication tapering.
22. Describe what the major approaches are to combined treatment
23. Relate the primary advantage to the use of hypnotics concurrently with CBT-I (less sleep loss, despite SRT)
24. Relate the primary advantages to the use of modafinil with CBT-I (little to no daytime sleepiness, despite SRT)
25. Describe the primary components required for a case presentation
26. Identify the common errors with the conduct of CBT-I
27. Relate why the common errors are common
28. From case presentations, learn to review the patient's:
 - presenting complaint and clinical Hx viz. insomnia
 - current Med/Psych Hx
 - status with respect to factors that indicate or contra-indicate the use of CBT-I
 - treatment plan

- progress through treatment
- status post treatment

29. Discuss a wide array of common patient resistances and strategies for addressing these issues

30. Identify three of the most common patient resistances

31. Describe how to circumvent the three of the most common patient resistances

32. To perform/observe role plays with common patient resistances and, time permitting, novel scenarios