



Cognitive Behavioral Therapy for Insomnia (CBT-I)

Day One

The first day is dedicated to an orientation to Sleep Medicine, the definition of insomnia, a review of basic etiology and pathophysiology, and a review of treatment approaches.

7:30-8:00 AM

Registration and breakfast

8:00 AM – 10:00 AM

Welcome announcements and orientation
Basics of sleep and behavioral model of insomnia

10:00 AM – 10:15 AM

Break

10:15 AM-12:00 PM

Pharmacological and behavioral treatment options for insomnia
Assessment of insomnia Part I-Definition, differential diagnosis, indications for treatment.

12:00 PM – 1:00 PM

Lunch

1:00PM – 3:00 PM

Session 1- Assessment Part 2-CBT-I forms, devices, setting up sleep diaries

3:00 PM – 3:15 PM

Break

3:15 PM – 6:00 PM

Session 2- Treatment planning, setting up sleep restriction and stimulus control

Day Two

The primary focus of the second day will be the implementation of the core elements of eight-session CBT-I (Sleep Restriction, Stimulus Control, and Sleep Hygiene). Cognitive Therapy, Relapse prevention, Practice Management, and case examples.

8:00 AM – 10:00 AM

Breakfast

Session 3- Adherence issues, problem solving and sleep hygiene.

10:00 AM – 10:15 AM

Break

10:15 AM-12:00 PM

Session 4- Cognitive Therapy- General and targeted therapies

12:00 PM – 1:00 PM

Lunch

1:00PM – 3:00 PM

Session 5, 6, & 7- Titration of sleep window, treatment delivery, therapist factors, and charting.

3:00 PM – 3:15 PM

Break

3:15 PM – 5:00 PM

Session 8- Relapse prevention
Concluding Remarks