

BASIC CBT-I COURSE

(GENERIC ITINERARY)

Day 1: Michael Perlis PhD (w/ DP)

- 1.1 CBT-I: The Path Forward
- 1.2: Sleep 101
- 1.3: Treating Insomnia
- 1.4: Assessment of Insomnia



Day 2: Donn Posner PhD (w/ MP)

- 2.1: Epidemiology - Perpetuating Factors
- 2.2: Sleep Diary - SRT & SCT
- 2.3 SH & Cognitive Therapy
- 2.4: Assessment-Conceptualization-Therapy Structure-Relapse Prevention



Please note, lectures and content may vary from year to year.

NOTE

All 2 days will run from 8-6pm with breaks every 60-90 minutes and a break for lunch. Lectures and activities may significantly vary in their start times given attendee participation and/or lecturer extemporization and circumlocution.

The 2 day Basic Seminar is an intensive educational experience that covers a diversity of subjects related to the etiology and pathophysiology, and the assessment and treatment of, insomnia. Successful completion of this seminar is intended to position experienced therapists to begin practice with CBT-I in the context of an apprenticeship model and further continuing education activities.

For more information about the course, please visit: <http://www.med.upenn.edu/cbti>