



Advanced CBT-I

Houston Hall Penn Campus, Philadelphia, PA

Day One Thursday, April 16th

8-930

Lecture on alternative delivery systems
(phone, internet, skype)

Jason Ellis PhD

945-1015

Lecture on alternative measurement of
sleep (actigraphy, zeo, etc.)

Jason Ellis PhD

1030-1130

Lecture on adjuvant and/or alternative
treatments (e.g., sleep compression)
Donn Posner PhD

1145-1245

Lecture on interpreting PSG reports
Michael Perlis PhD

**** 1245-145 Lunch Break ****

145-245

Lecture on combo Tx (Meds and CBT-I)
Michael Perlis PhD

300-400

Lecture on Med Titration
Donn Posner PhD

400-500

Additional time for lectures
Additional time for QnA

Day Two Friday, April 17th

8-Noon

Case Presentations

Michael Perlis PhD

Jason Ellis

Donn Posner

**** 1245-145 Lunch Break ****

1-5pm

Case Presentations by Attendees

Day Three Saturday, April 18th

8-Noon

Remaining Case Presentations

**** 1245-145 Lunch Break ****

1-5pm

Review of Classical resistances
&
Role Plays

NOTE:

All 3 days will run from 8-5pm 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 lecturer extemporization
and circumlocution.

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