



# CBT-I 2014 Cognitive Behavioral Therapy for Insomnia

Thursday-Saturday, October 30<sup>th</sup> - November 1<sup>st</sup> 2014, Loews Hotel, Philadelphia PA

## **Day One** Thursday, October 30, 2014

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

### **7:00 AM - 8:00 AM**

Registration and Continental Breakfast / Exhibits

### **8:00 AM - 12:30 PM**

Welcome Announcements / Orientation

Sleep 101: Overarching Framework

Signs and Symptoms of Sleep Disorders

Coffee Break / Exhibits

Definition of Insomnia

Basic Etiology & Pathophysiology of Insomnia

### **12:30 PM - 1:30 PM**

Lunch (on your own)

### **1:30 PM - 5:00 PM**

Treating Insomnia Part I

(Review of Pharmacologic & CBT Options)

Coffee Break / Exhibits

Treating Insomnia Part II

(Overview of CBT-I)

Determination of Whether CBT-I is Indicated

(vs. Diagnosis-Based Assessment)

### **5:00 PM - 6:00 PM**

*Additional time for above components*

*Dedicated time for Questions and Answers*

## **Day Two** Friday, October 31, 2014

*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).*

### **7:00 AM - 8:00 AM**

Continental Breakfast / Exhibits

### **8:00 AM - 12:30 PM**

CBT-I Session-by-Session Review Orientation

**Session I** – Intake Evaluation

Coffee Break / Exhibits

**Session II** – Treatment Initiation

a) Sleep Restriction Procedures and Rationale

b) Stimulus Control Procedures and Rationale

### **12:30 PM - 1:30 PM**

Lunch (on your own)

### **1:30 PM - 5:00 PM**

**Session III** – Sleep Hygiene

Sleep Hygiene Procedures and Rationale

Coffee Break and Exhibits

**Session IV, VI & VII** – Titration and Compliance

Coffee Break and Exhibits

### **5:00 PM - 6:00 PM**

*Additional time for above components*

*Dedicated time for Questions and Answers*

## **Day Three** Saturday, November 1, 2014

*The primary focus of the third day will be Cognitive Therapy, Relapse prevention, Practice Management, and case examples.*

### **7:00 AM - 8:00 AM**

Continental Breakfast / Exhibits

### **8:00 AM - 12:30 PM**

**Session V** – Cognitive Therapy for Insomnia

Catastrophic Thinking

(Discussion on Alternative Cognitive Treatments)

**Session VIII** – Relapse Prevention

Practice Management & Billing

(Marnie Shanbhag, PhD)

### **12:30 PM - 1:30 PM**

Lunch (on your own)

### **1:30 PM - 5:00 PM**

Case Examples

General Discussion

### **5:00 PM - 6:00 PM**

*Additional time for above components*

*Dedicated time for Questions and Answers*

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For more information about the course (and to access feedback from former attendees of the course), please visit <http://www.med.upenn.edu/cbti>