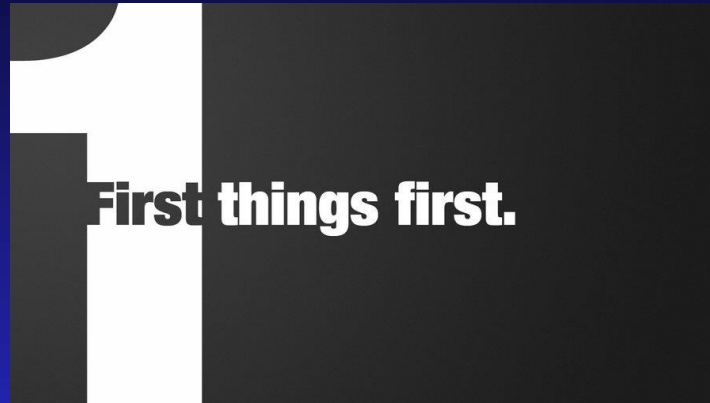


ADVANCED CBT-I





**THANK YOU FOR BEING HERE
THANK YOU FOR YOUR INTEREST**

ABOUT YOU



DISCIPLINES ?

ABSMs ?

PENN CBT-I TRAINING ?

VA CBT-I TRAINING ?

ABOUT YOU



PESI ?

PERLIS EMAILS ?

OTHER ?

ABOUT US

Lecturer & Discussant:

Michael Perlis PhD

Behavioral Sleep Medicine Program

Department of Psychiatry

University of Pennsylvania

Philadelphia, PA

mperlis@upenn.edu

Lecturer & Discussant:

Donn Posner PhD, CBSM

Clinical/Research Psychologist

Veterans Affairs Palo Alto Health Care System

Palo Alto, CA

dposner57@gmail.com

Lecturer & Discussant:

Jason Ellis, PhD , EBSM

Northumbria Center for Sleep Research

Newcastle, England

Jason.Ellis@northumbria.ac.uk

MORE INFO AT PENN CBT-I WEB SITE

DISCLOSURES



DISCLOSURE

THE FOLLOWING FACULTY HAVE REPORTED THE LISTED RELEVANT FINANCIAL RELATIONSHIPS WITH COMMERCIAL INTERESTS RELATED TO THE CONTENT OF THIS EDUCATIONAL ACTIVITY

MICHAEL PERLIS PHD

DISTRIBUTIONS

CBT-I Educational Products

AUTHOR

Springer, Wiley And Sons, Academic Press

PRESENT OR PRIOR PI-INITIATED GRANTS

Teva , Cephalon, Sanofi-Aventis

PRESENT OR PRIOR CONSULTANT WORK

**Guidepoint, Gerson-Lehman Group, Clinical Advisors
Sanofi-Aventis, Takeda, Sepracor, Actelion, SleepEasily,
InsomniSolv, Scientific Software Technologies,**

SOCIETAL AFFILIATIONS

SRS, AASM, SBSM, AHA, PA Sleep

DISCLOSURE

THE FOLLOWING FACULTY HAVE REPORTED THE LISTED RELEVANT FINANCIAL RELATIONSHIPS WITH COMMERCIAL INTERESTS RELATED TO THE CONTENT OF THIS EDUCATIONAL ACTIVITY.

DONN POSNER, PH.D., CBSM

AUTHOR

Springer

BUSINESS AFFILIATIONS

CBT- EDUCATIONAL PRODUCTS

CONSULTANT WORK

Private Behavioral Sleep Medicine Consultant

PI INITIATED GRANTS

N/A

SOCIETAL AFFILIATIONS

APA, AASM, SBSM, ABCT, and SBM

DISCLOSURE

THE FOLLOWING FACULTY HAVE REPORTED THE LISTED RELEVANT FINANCIAL RELATIONSHIPS WITH COMMERCIAL INTERESTS RELATED TO THE CONTENT OF THIS EDUCATIONAL ACTIVITY

JASON ELLIS (PhD)

PRESENT / PAST CONSULTANT WORK

Slumberdown, Champneys, BBC, Newcastle SHF, Mater Private, Manchester City Football Club, GB Netball Team, Cussons Pearl

PRESENT / PAST PI INITIATED GRANTS

UCB Pharma, Transport for London, Mammoth Technology, Cherry Active, Gateshead PCT, GG&C PCT, Action for ME, ESRC, Wellcome Trust, ME Association, HEIF, Royal Society Edinburgh

SOCIETAL AFFILIATIONS

SRS, HCPC, BPS, BSS, ESRS

GRANT & VENDOR SUPPORT



Phillips / Respironics / Mini-Mitter

SO WITH THAT BEGINNING – NOW SOME HOUSEKEEPING





Advanced CBT-I 2015

Thursday-Saturday, April 16-18 2015, Houston Hall Penn Campus, Philadelphia, PA

Day One Thursday, April 16th

8-8:30

Course Opener
Michael Perlis PhD

8:30-9:30

Advanced Models of Insomnia
Michael Perlis PhD

9:45-10:45

Lecture on alternative delivery systems
(phone, internet, skype)
Jason Ellis PhD

11:00-12:00

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

**** 1200-1:00 Lunch Break ****

1:00-2:00

Lecture on alternative
measurement of sleep (actigraph)
Jason Ellis PhD

2:15-3:15

Lecture on interpreting PSG reports
Michael Perlis PhD

3:30-4:30

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

4:45-5:55

Lecture on Med Titration
Donn Posner PhD

Day Two Friday, April 17th

8-Noon

Case Presentations
Michael Perlis PhD
Jason Ellis

**** 1200-100 Lunch Break ****

1:00-6:00

Case Presentations by Attendees

Day Three Saturday, April 18th

8-Noon

Remaining Case Presentations
Extended QnA

**** 1200-100 Lunch Break ****

1-6pm

Review of Classical resistances
&
Role Plays

NOTE:

All 3 days will run from 8-6pm with breaks for lunch and breaks every 60-90 min. Lectures & activities may significantly vary given attendee participation and lecturer extemporization and circumlocution.

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

EVERY 45-90 MINUTES



A WORD ABOUT SLIDES

THE BOOK



THE SCREEN

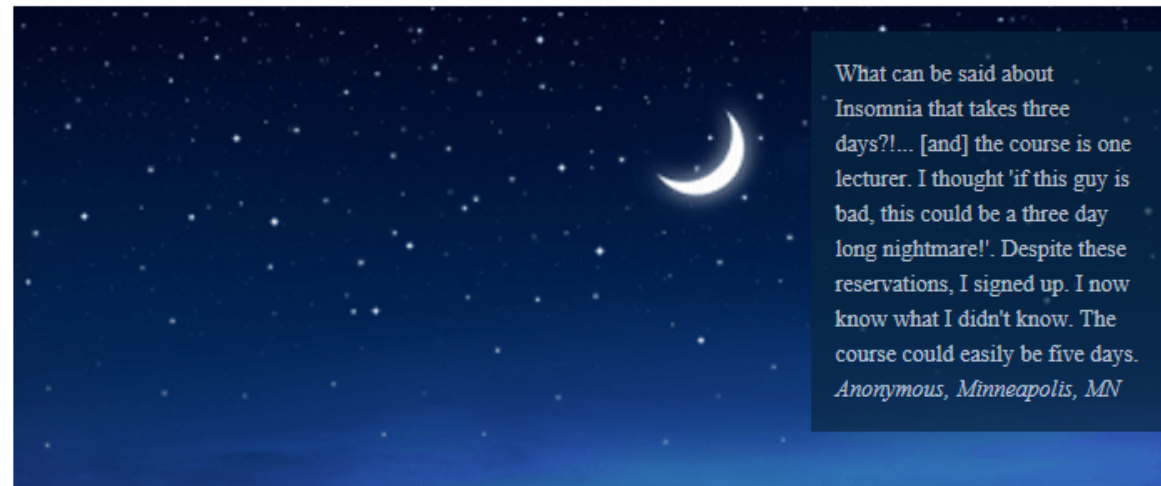


UPDATE ON THE GIFT BASKET



2014 Advanced CBT-I Seminar: April 17-19, 2014 Philadelphia, PA


- Home
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- General Resources
- Resources for Attendees
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 - Pre/Post Tests



[Home](#)

Welcome to the CBT-I Conference Site

Thank you for your interest in the Penn CBT-I Seminars.

[Register Now](#) 

[Click here to register for the](#)

Clinical Tools and Information

All the materials designated below have PDFs that may be downloaded. Simply mouse-over the title and click to view the PDF. Save a copy from within the PDF viewer to your hard drive.

Core Set of CBT-I Questionnaires

- [Audit & CAGE](#)
- [Dysfunctional Beliefs and Attitudes about Sleep Scale \(DBAS-30\)](#)
- [Epworth Sleepiness Scale](#)
- [Flinders Fatigue Scale](#)
- [GAD-7](#)
- [G.A.S.P.TM Questionnaire](#)
- [Insomnia History Form](#)
- [Insomnia Severity Index \(ISI\)](#)
- [Medical Symptoms Checklist](#)
- [Medical History Information Form](#)
- [Patient Health Questionnaire \(PHQ-9\)](#)
- [SDS-CL-25](#)
- [Sleep Diary](#)
- [Sleep Environment Questionnaire](#)
- [Sleep Hygiene Instructions](#)
- [Sleep Medication History Form](#)
- [UR-SNRL HnP Form](#)

Other Useful Questionnaires

- [Sleep Diary](#)
- [Berlin Apnea Questionnaire](#)
- [FIRST](#)
- [G-2 - SAFTEE](#)
- [Insomnia History Form \(Long\)](#)
- [Sleep Self-Efficacy Scale](#)
- [Lichstein STC Compliance Scale](#)
- [Occupational Impact of Sleep Questionnaire](#)
- [Pre-Sleep Arousal Scale](#)
- [Quick Inventory of Depressive Symptomatology - Self Report \(QIDS-SR\)](#)
- [Sleep Hygiene Awareness and Practice Scale](#)
- [STAI-Trait](#)
- [Steps to Get from Here to There](#)
- [Excel Sleep Diary Calculator](#)
- [Pitt Consensus Sleep Diary](#)

Seminal Articles

The Sleep Disorders: Upjohn Monograph

Dose-Response Effects of Cognitive-Behavioral Insomnia Therapy: A Randomized Clinical Trial

Behavioral Insomnia Therapy for Fibromyalgia Patients

Comparison of Cognitive-Behavioral Therapy and Clonazepam for Treating Periodic Limb Movement Disorder

Cognitive Behavioral Therapy for Treatment of Chronic Primary Insomnia

Cognitive Behavior Therapy and Pharmacotherapy for Insomnia

Cognitive Behavioral Therapy vs Zopiclone for Treatment of Chronic Primary Insomnia in Older Adults

Benzodiazepines and Zolpidem for Chronic Insomnia

Relaxation and Sleep Compression for Late-Life Insomnia: A Placebo-Controlled Trial

Secondary insomnia: a myth dismissed

Secondary insomnia: diagnostic challenges and intervention opportunities

An Analysis of the Health and Productivity Burden of Insomnia and its Treatment

Nonpharmacological Interventions for Insomnia: A Meta-Analysis of Treatment Efficacy

Identifying Effective Psychological Treatments for Insomnia: A Meta-Analysis

BTSD -- Advanced Sleep Restriction - Spielman

BTSD -- Cognitive Tx Barlow Style

BTSD -- Sleep Compression - BSM Tx Protocols

BTSD -- Sleep Hygiene - BSM Tx Protocols

BTSD -- Stimulus Control - BSM Tx Protocols

Carskadon Meta-analysis re sleep norms

Cervena et al 2004 (CBTI and EEG)

Krystal - EEG Correlates of CBT-I Tx response

Manber CBTI enhances depression outcome in patients with comorbid MDD and insomnia

Pigeon-Perlis long-term management of Insomnia

SMR Paper on Acute Insomnia Ellis et al 2011

Slide Sets

In this section of our website, you will find PDF copies of the slide sets used for the 2013 Penn CBT-I Course (Monaco Hotel in Seattle). These slides are provided so that you may continue to view them at your convenience.

Please do not copy these slides or reproduce them in any form. If you wish to acquire PowerPoint copies of individual slides (or sets) for use when you lecture or teach, please contact Dr. Perlis at mperlis@upenn.edu.

All the materials designated below have PDFs that may be downloaded. Simply mouse-over the title and click to view the PDF. Save a copy from within the PDF viewer to your hard drive.

Basic Course

- 0. DAY 1 OVERVIEW 2013 Seattle Penn CBT-I Seminar
- 1. DAY 1 BASIC Conceptual Framework 2013 Seattle Penn CBT-I Seminar
- 2. Day 1 SLEEP DXS Signs and symptoms of Sleep DXs 2013 Seattle CBT-I Seminar
- 3. DAY 1 DEFINITION of insomnia 2013 Seattle CBT-I Seminar
- 4. DAY 1 ETIO and PATHO 2013 Seattle Penn CBT-I Seminar
- 5. DAY 1 TREATING GEN insomnia - 2013 Seattle Penn CBT-I seminar
- 6. DAY 1 TREATING CBT-I insomnia - 2013 Seattle Penn CBT-I seminar

- 1. Day 2 SESSION - 1 ASSESSMENT OF INSOMNIA - 2013 Seattle
- 2. Day 2 SESSION - 2 TREATMENT - 2013 Seattle
- 3. Day 2 SESSION - 3 TREATMENT - 2013 Seattle
- 4. Day 2 SESSION - 4 TREATMENT - 2013 Seattle
- 5. Day 2 SESSION - 6 & 7 & 8 TREATMENT - 2013 Seattle

- 0. Day 3 OPENING REMARKS - 2013
- 1. Day 3 SESSION - 5 COGNITIVE THERAPY TREATMENT - 2013 Seattle
- 2. Day 3 STARTING UP YOUR PRACTICE - 2013 Seattle

Advanced Course Slide Decks

Not yet available for posting.

Bonus Materials

- The Neurocognitive Model

Pre/Post Tests

All the materials designated below have PDFs that may be downloaded. Simply mouse-over the title and click to view the PDF. Save a copy from within the PDF viewer to your hard drive.

[45 Item CBT-I test 9-21-13 FINAL Qs ONLY](#)

[45 Item CBT-I test 9-21-13 FINAL with answers](#)

OTHER RESOURCES



Behavioral Sleep Medicine Group

[About](#) [Membership](#) [Events](#) [Training](#) [Resources](#) [Contact](#)

[About the Group](#)

[History of the Group](#)

[How this Works](#)

About the Group

This list serve exists for the sole purpose of promoting the free exchange of information and ideas amongst Behavioral Sleep Medicine clinicians, scholars, and researchers.



To join, just enter your email:

[Join the list!](#)

Read more about the [history of the group](#).

Learn [how to be involved](#) in the group.



2010 APPLICATION FOR MEMBERSHIP

Society of Behavioral Sleep Medicine • 2510 North Frontage Road, Darien, IL 60561-1511
Phone: 630-737-9706 • Fax: 630-737-9790
membership@societyofbehavioralsleepmedicine.org • www.societyofbehavioralsleepmedicine.org

Biographical Data

Last Name: _____ First Name: _____ Middle Initial: _____ Suffix: _____
Title: _____ Degrees/Certifications: _____ CBSM: Yes No
Date of Birth: ____/____/____ Gender: Male Female Are you licensed: Yes No State: _____ Type: _____

Addresses (Please provide both addresses and check preferred mailing address)

Professional Address

Business Name: _____
Address: _____
City: _____ State: _____ Postal Code: _____ Country: _____
Phone: _____ Fax: _____ E-mail: _____

Home Address

Address: _____
City: _____ State: _____ Postal Code: _____ Country: _____
Phone: _____ E-mail: _____

Membership Classification (Please check the membership category under which you are applying)

Membership is on a calendar-year basis (January 1, 2010–December 31, 2010); 2010 membership will be effective June 1, 2010. All applications for membership must be approved by the SBSM membership committee; applicants will be notified of their application status following this review.

- Member:** Individuals holding a doctoral degree and are active in Behavioral Sleep Medicine clinical care, education and/or research.
Membership Dues: ~~\$\$\$~~ \$125 for the rest of 2010
- Associate Member:** Individuals holding a non-doctoral degree (Bachelors and/or Masters) and are active in Behavioral Sleep Medicine clinical care, education and/or research.
Membership Dues: ~~\$\$\$~~ \$100 for the rest of 2010
- Student Member:** Individuals in a full-time educational program (Bachelors, Masters and/or Doctoral). Student memberships may be extended for a period of one (1) year provided the student is in a post-doctoral program or residency internship. Individuals applying for this category must enclose a letter from your program director verifying your student status.
Membership Dues: ~~\$\$\$~~ \$40 for the rest of 2010

Contribution to the SBSM

I would like to contribute \$_____ to assist in the growth and development of the SBSM. Note: Any contribution made to the SBSM is not tax-deductible as the SBSM does not yet hold a not-for-profit status.

Method of Payment (Please check one) Purchase Orders are not accepted as payment of membership dues.

- Check payable to the SBSM (U.S. funds drawn on a U.S. bank)
- Payment by credit card VISA MasterCard American Express

Total \$ _____ Card Number: _____ Exp. Date: ____/____/____
Validation Code:* _____ Cardholder Name: _____

Signature: _____

*For a VISA or MasterCard, the validation code is the last three numbers in the signature box on the back of the card. For American Express, the validation code is the 4 numbers above the credit card number on the front of the card.

By signing below, I attest that the information provided is accurate and that I qualify for membership under the classification for which I am applying.

Printed Name: _____ Signature: _____ Date: ____/____/____

The Revenue Act of 1967 requires that the following statement be published: "Membership dues are not deductible as charitable contributions." However, dues may be deductible as a business expense.

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BEHAVIORAL SLEEP MEDICINE

Editor: Judith A. Owens



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 **Routledge**
Taylor & Francis Group

VOLUME 12, 2014
Included in this print edition:
Number 1 (January–February)
Number 2 (March–April)



**WITHOUT FURTHER ADO
LET'S GET TO WORK**

