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 ?
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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

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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
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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

Day Two Friday, April 17th

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 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
Welcome to the CBT-I Conference Site

Thank you for your interest in the Penn CBT-I Seminars.
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.™ 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
- VISN-8 HLH Form

Other Useful Questionnaires

- Sleep Diary
- Berlin Apnea Questionnaire
- FIRST
- G-2 - SAFTES
- Insomnia History Form (Long)
- Sleep Self-Efficacy Scale
- Likertian 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: Unjohn 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 Stylo
BTSD -- Sleep Compression - BSM Tx Protocols
BTSD -- Sleep Hygiene - BSM Tx Protocols
BTSD -- Stimulus Control - BSM Tx Protocols
Carabasi 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
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:

[Email field] Join the list!

Read more about the history of the group.

Learn how to be involved in the group.
WITHOUT FURTHER ADO
LET’S GET TO WORK