Outline
Sleep Regulation Problems: How Insomnia Develops
Factors that weaken the sleep drive
Factors that weaken the signal of the circadian clock
How the circadian clock & sleep drive work together to regulate sleep
How the arousal system interferes with sleep regulation
Cognitions & behaviors that create cognitive arousal & interfere with sleep
Identify conditioned insomnia
Assessment & Treatment Planning
Treat insomnia to improve outcomes for PTSD, anxiety, depression & chronic pain
Vulnerability to Insomnia
Guide (New York: Springer/Verlag). The book is intended for clinical trainees and non-insomnia sleep specialists, as well as more experienced clinicians from outside the sleep medicine field who wish to learn how to provide empirically validated cognitive behavioral treatment for insomnia (CBT-I).
Dr. Posner is one of the authors of Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide (New York: Springer/Verlag). The book is intended for clinical trainees and non-insomnia sleep specialists, as well as more experienced clinicians from outside the sleep medicine field who wish to learn how to provide empirically validated cognitive behavioral treatment for insomnia (CBT-I).
Dr. Posner is a member of the American Academy of Sleep Medicine and became one of the first certified behavioral sleep medicine specialists recognized by that group. He is also a founding member of the Society of Behavioral Sleep Medicine and has achieved the status of Diplomat with the ABSM, the highest level of qualification and competency that the organization bestows.

SPEAKER
Donn Posner, Ph.D., a Diplomate of Behavioral Sleep Medicine (DBSM), is working as a clinical research psychologist for the Palo Alto VA. Prior to his role at the VA, he spent 25 years as a clinical associate professor at Brown Medical School. He served as the director of clinical behavioral medicine for Rhode Island and Miriam hospitals and was also the director of behavioral sleep medicine for the Sleep Disorders Center of Lifespan Hospitals. For 20 of those 25 years Dr. Posner served as the primary supervisor for a rotation of the behavioral medicine track of the clinical psychology internship at Brown. He also mentored post-doctoral fellows and lectured on behavioral sleep medicine and anxiety disorders to interns, fellows, and residents in internal medicine and psychiatry. In addition, he was a consultant for the Veterans Administration's roll out of CBT-I and trained VA clinicians across the country in the implementation of this treatment.
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Speaker Disclosures
Financial: Donn Posner reports no disclosures.
Non-Financial: Donn Posner is a Diplomate of Behavioral Sleep Medicine, American Psychological Association, Association for Behavioral and Cognitive Therapies, and the American Academy of Sleep Medicine.

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Treating Insomnia

Transdiagnostic Clinical Strategies to Optimize Sleep & Improve Outcomes in Clients with PTSD, Anxiety, Depression & Chronic Pain

Featuring Donn Posner, Ph.D., Diplomate of Behavioral Sleep Medicine

- Target insomnia to boost your therapeutic progress with clients suffering from depression, trauma, anxiety or chronic pain
- Advance your practice with specialized training and techniques you can apply immediately
- Step-by-step instruction that is proven to be as effective as medication in the short term and more effective in the long term
If you’re not asking about your client’s sleep, you’re making mistakes as a clinician. All clinicians should know how to properly assess and treat insomnia—sleep is that important for your clients’ health and quality of life.

It’s no secret that insomnia frequently develops as a result of PTSD, anxiety, depression, chronic pain, and a wider variety of other behavioral and medical disorders. Traditional wisdom has been that if you treat the primary disorder, the insomnia will go away. However, the data does not support this traditional wisdom. Although the primary disorder improves somewhat, the insomnia often does not, which can lead to diminished improvements in clinical outcomes regarding the primary disorder, increased dropout rate and higher relapse rates.

Despite you doing everything you can to target the primary disorder, your client continues to be tired and struggles more with symptoms of the primary disorder, leaving you frustrated and bewildered because you don’t know what to do next. The truth is, when clients have PTSD, anxiety, depression, or chronic pain, their symptoms are made worse—and treatment more difficult—when they’re not able to sleep. Therefore, the insomnia must be targeted directly.

Improve clinical outcomes in clients by integrating the treatment of insomnia into your practice. Join Diplomat in Behavioral Sleep Medicine Donn Posner, Ph.D., and he’ll walk you step-by-step through the treatment of insomnia. You’ll learn how to properly assess and develop a treatment plan for insomnia, as well as how to educate your clients about sleep to make them explain their own sleep patterns and develop a plan to achieve rest. Evidence-based strategies can help your clients sleep longer and more efficiently, as well as enjoy increased energy levels during the day. As a result, your clients’ symptoms of PTSD, anxiety, depression, and chronic pain will decrease in frequency and severity.

You’ll walk away from this course with the tools you need to treat insomnia. Better still, you’ll retain all the techniques your clinical tool kit that you didn’t know you needed. Register today! Learn to treat insomnia and revolutionize your treatment outcomes!

1. Summarize the basics of sleep nomenclature including sleep period, phase, continuity, and architecture to inform clinical treatment interventions.
2. Conduct a clinical assessment to differentiate acute insomnia from insomnia disorder in clients and articulate the importance of treating the chronic form as a specifically targeted co-morbidity.
3. Explore the empirical evidence for the efficacy of CBT-I for both primary and co-morbid insomnia disorder to inform the clinician’s choice of treatment interventions.
4. Articulate the basics of sleep regulation and demonstrate how to utilize these concepts in the treatment of insomnia.
5. Identify how to obtain usable client sleep diaries and strategies for analyzing the data for use in the treatment of insomnia.
6. Apply the techniques of stimulus control, sleep restriction, sleep hygiene education and cognitive behavioral therapeutic strategies to the clinical treatment of chronic insomnia.

Objectives

**Free digital access with seminar completion**
- Access to view Michael L. Perlis’s 24-hour program on CBT-I!
- Over 20 hours of bonus video content on the diagnosis and treatment of insomnia
- Over 100 research articles, white papers & assessment tools
- And much more!