Outline

Assessment & Treatment Planning

Treatment insomnia to improve outcomes for PTSD, chronic pain, depression & anxiety

Why treat a primary mental health disorder won’t cure insomnia

Factors that weaken the signal of the circadian clock

Factors that weaken the sleep drive

Cognitions & behaviors that create cognitive arousal & interfere with sleep

Identify conditioned insomnias

Sleep restriction rationale

SRT: Step-by-step

Considerations for setting the sleep window

How & when to extend time in bed

Rules for before-bed activities

Address clients’ fears about SRT

Combat difficulty with waking on time

Troubleshooting insufficient progress

Other assessment considerations

Cognitions & behaviors that create cognitive arousal & interfere with sleep

When to refer to a sleep specialist

Who is a good candidate for CBT-I?

Hypnotic medications & sleep

Drugs that can cause sleep disturbance

Take-home assessment resources

Assessment Factors

Address caffeine, alcohol & nicotine use

Vulnerability to Insomnia

Clock watching & implications for sleep diary

When to exercise

Identify daytime symptoms of insomnia

Discrim bad sleep habits

Other assessment considerations

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Sleep Hygiene: Decrease Clients’ Vulnerability to Insomnia

Clock watching & implications for sleep diary

Environmental concerns

How eating affects sleep

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Sleep Restriction Therapy (SRT): Strengthen the Sleep Drive and Signals From the Circadian Clock

Goals of sleep restriction

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Stimulus Control (SC): Address Conditioned Arousal

Goals of stimulus control

Rationale for stimulus control

Stimulus control: Step-by-step

Counter arousal strategies

Activities for nighttime wakefulness

Address clients’ practical concerns

Overcome obstacles to stimulus control

Cognitive Therapy: Help Clients Change Thoughts & Beliefs that Interfere with Sleep

Reduce sleep effort & worry about lack of sleep

Combat intrusive thoughts during sleep time

Activities to help clients with arousal

Reduce sleep effort & worry about lack of sleep

Correct clients’ unrealistic expectations

Strategies to restructure thoughts

Behavioral experiments

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Question?

Call customer service at 800-844-8260

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 years Dr. Posner served as the primary supervisor for a rotation of the internal 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 Veteran’s Administration roll out of CBT-I and trained VA clinicians across the country in the implementation of this treatment.

Dr. Posner is one of the authors of Cognitive Behavioral Treatment of Insomnia, 4 sessions 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 Diplomate with the SBSM, the highest level of qualification and competency that the organization bestows.

Speaker Disclosure

Financial: Donn Posner is a clinical associate professor at Stanford University of Medicine. He is a clinical researcher for Palo Alto-Veterans Institute for Research. Dr. Posner receives a speaking honorarium from PESI, Inc.

Non-Financial: Donn Posner is a member of the American Psychological Association; Association for Behavioral and Cognitive Therapies; and the American Academy of Sleep Medicine.
Treating Insomnia
Transdiagnostic Clinical Strategies to Optimize Sleep & Improve Outcomes in Clients with PTSD, Depression & Chronic Pain

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 wide variety of other behavioral and medical disorders. Transdiagnostic 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 reduced improvement in clinical outcomes requiring the primary disorder, increased dropout rates, and higher relapse rates.

Despite you doing everything you can to target the primary disorder, your client continues to be tried and struggles more with symptoms of the primary disorder, leaving you frustrated and overwhelmed 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 client sleep with the treatment of insomnia into your practice!

Join Diplomate in Behavioral Sleep Medicine Donn Posner, Ph.D., and he’ll walk you step-by-step through 101 Mindful Ways to Build Resilience: Cultivate Calm, Clarity, Optimism & Happiness Each Day

By Donald Altman, MA, LPC

101 Mindful Ways to Build Resilience will give you newfound hope, optimism, and strength. These simple yet powerful mindfulness exercises that you can apply in as little as a minute or two—whether you're facing something extremely annoying or seemingly insurmountable. Discover how you can cultivate calm, clarity, optimism and happiness each day and rebuild your brain to overcome any problem.

Quiet Your Mind & Get To Sleep: Solutions for Insomnia That Are Different From Depression, Anxiety, or Chronic Conditions

By Colleen E. Carney, Ph.D. & Rachel Manber, Ph.D.

A busy and hectic life can profoundly affect your ability to get a good night’s rest. It’s even more difficult to feel relaxed when you are awake worrying that you won’t fall asleep. This vicious circle can quickly rob you of your quality of life, which is why it’s so important to seek the most effective treatment for your insomnia.

SAVE BY INCLUDING THESE PRODUCTS WITH REGISTRATION

101 Mindful Ways to Build Resilience: Cultivate Calm, Clarity, Optimism & Happiness Each Day

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Live Seminar & Webcast Schedule

Live Seminar/Event Details

• Portland, ME

July 24, 2019

Executive Court Conference Center

1199 South Mammouth Road • 04109 • (207) 962-4786

• BURLINGTON, VT

July 25, 2019

Hilton Burlington

60 Battery St • 05401 • (802) 658-6500

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