

Treating Insomnia:

Evidenced Based Strategies to Help Your Clients Sleep



March 8th & 9th, 2019

This is a 2 day training

8:00am - 5:00pm

Nystrom & Associates, Ltd.
Business and Training Facility
1200 West County Road E
Arden Hills, MN 55112

Registration Price:

\$360 (Non-NAL/FSSI Employees)

Register Online:

www.nystromcounseling.com/events

Questions?

Contact Sue Vanek at 218-829-9307 ext. 2636 or
email her at Events@nystromcounseling.com

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Mental Health - Psychiatry - Chemical Dependency

Join Dr. Donn Posner, Ph.D., DBSM and Michael L. Perlis, Ph.D., for a two day Cognitive Behavioral Therapy for Insomnia Training. Day one will be dedicated to orientation to sleep medicine, the definition of insomnia, a review of basic etiology and pathophysiology, and a review of treatment approaches. The primary focus of Day 2 will be the implementation of the core elements of eight-session CBT-I (Sleep Restriction, Stimulus Control, and Sleep Hygiene). Cognitive Therapy, Relapse Prevention, Practice Management, and case examples will also be covered.

Learning Objectives

- Basics of sleep & behavioral model of insomnia
- Pharmacological & behavioral treatment options for insomnia
- Assessment of Insomnia
- Treatment planning, setting up sleep restriction & stimulus control
- Adherence issues, problem solving & sleep hygiene
- Cognitive Therapy- General & targeted therapies
- Titration of sleep window, treatment delivery, therapist factors, and charting
- Relapse Prevention

Meet the Speakers

Michael L. Perlis, Ph.D., is the Director of the Behavioral Sleep Medicine Program and an Associate Professor for the School of Nursing, and the Dept. of Psychiatry, at the University of Pennsylvania. Dr. Perlis is internationally known for his work in the area of Behavioral Sleep Medicine (BSM) and was one of the five organizing and founding members, as well as the first President, of the Society of BSM. Donn Posner, Ph.D., DBSM, is an Adjunct Clinical Associate Professor in the Dept. of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. Dr. Posner is a member of the American Academy of Sleep Medicine and is one of the first Certified Behavioral Sleep Medicine Specialists recognized by that group. He is also a founding member and Diplomate of the Society of Behavioral Sleep Medicine.

Continuing Education Credits

15 contact hours will be earned
Approved by the following boards:
MN Board of Behavioral Health: *Pending*
MN Board of MFT: *Pending*
MN Board of Social Work: CEP-622
MN Board of Psychology: *Pending*

Seminar Schedule

7:30am - 8:00am- Registration
8:00am - 12:00pm- Presentation
12:00pm - 1:00pm- Lunch on your own
1:00pm - 5:00pm- Presentation