Overview
Sleep and circadian rhythms are frequently disrupted in mental health disorders and play vital roles in overall health and well being, but mental health providers frequently do not receive exposure to these topics in their education. We are offering an introductory yet comprehensive two-day workshop designed to:

1. Introduce the fundamentals of sleep and circadian rhythms and their role in mental health and well-being.
2. Review the most common sleep disorders and discuss how to incorporate their assessment and treatment into mental health care.
3. Describe mental health treatment approaches based on sleep and circadian principles.

Who can participate?
The workshop is designed for mental health providers across multiple disciplines (e.g., nurses, psychologists, social workers, mental health specialists) who are interested in learning about the basic role that sleep and circadian rhythms play in the mental health and well-being of their clients. This workshop is intended for providers who have had very little exposure to sleep and circadian science.

What is the format?
The live virtual workshop will be delivered through a series of talks and interactive components, allowing plenty of time for discussion. It will run for two days, with breaks built in to minimize videoconference fatigue.

Who is delivering the course?
The course is being offered through the Sleep, Neurobiology and Psychopathology group in the Department of Psychiatry of the Perelman School of Medicine at the University of Pennsylvania. The workshop will be led by faculty from Penn, Children’s Hospital of Philadelphia, and the Cpl. Michael J. Crescenz VA Medical Center: Philip Gehrman, PhD; Elaine Boland, PhD; Jennifer Goldschmied, PhD; Katherine Miller, PhD; Subhajit Chakravorty, MD; & Ariel Williamson, PhD, DBSM. Presenter bios are available on our website.

Where can I find more info?
Please visit our website for additional details about the workshop, University of Pennsylvania policies, and continuing education credit information. https://www.med.upenn.edu/snaplab/workshops.html

Registration and fees
Space in the workshop is limited to optimize opportunities for interaction and discussion. Registrations will be processed on a first come first served basis.
- The course fee is $500 and includes continuing education fees.
- A reduced fee of $300 is available for trainees. Please provide proof of trainee status when registering.

Registration can be completed online through our website.

Workshop Topics
The workshop will cover a variety of topics relevant to sleep, circadian rhythms, and mental health, including:
- Models of sleep and circadian regulation
- Fundamentals of circadian rhythms
- Clinical chronobiology and social rhythms
- Fundamentals of insomnia
- Brief overview of Narcolepsy, Restless Leg Syndrome, Periodic Limb Movement Disorder, and parasomnias
- How to integrate sleep and circadian rhythms into your clinical practice
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Assessment and treatment of nightmares
- Assessment and treatment of Obstructive Sleep Apnea
- Pharmacotherapy for sleep and circadian disturbance
- Sleep across the Lifespan

Who can I contact with questions?
For any questions about the workshop, registration or accommodation needs, please contact Dr. Jennifer Goldschmied at jrgolds2@pennmedicine.upenn.edu

The Department of Psychiatry University of Pennsylvania is approved by the American Psychological Association to sponsor continuing education for psychologists. The Department of Psychiatry University of Pennsylvania maintains responsibility for this program and its content. This workshop carries 12 CE credits.