

OUTLINE

Sleep Regulation

- Sleep homeostasis
- Behaviors that interfere with the build-up of sleep-drive
- The circadian system
- Behaviors that interfere with optimal timing of sleep
- Arousal system: behaviors that cause conditioned arousal and cognitive emotional hyperarousal

Assessment

- How to get useful information from sleep diaries
- The difference between sleepiness and fatigue
- When to make a referral to a sleep clinic
- Other assessment issues

Sleep Medications

- Why some medications do not work
- CBT-I as the most effective and longer lasting treatment

Cognitive Behavior Therapy for Insomnia (CBT-I)

- Sleep Restriction Therapy (SRT): Restore the Sleep Drive
 - Calculate optimal time-in-bed prescription
 - Collaborate on the best "sleep window"
 - Special cases: when to use sleep compression instead
- Stimulus Control (SC): Addressing Conditioned Arousal
 - Select an optimal standard rise time
 - Fatigue management strategies to eliminate napping
 - Special cases: when to use counter control instead
 - Combining SC and SRT in one-session CBT-I

Counter-arousal Strategies

- Identify and change negative thoughts that keep people awake
- Behavioral experiments
- Thought records
- The buffer zone
- Socratic questioning
- Structured, scheduled problem-solving
- Mindfulness
- Troubleshooting difficulties with adherence
- High sleep anxiety vs. high arousal
- Awakenings from pain, hot flashes, panic or nightmares
- Using light and activation in those with depression

Modifications to CBT for Insomnia in Complex Cases & Comorbidity

- Major Depressive Disorder
- Chronic pain
- Anxiety disorders
- Post-Traumatic Stress Disorder

Implementation Issues

- Relapse prevention
- Delivery issues

Live Seminar Schedule

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (*on your own*)
- 4:00** Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Guarantee

★★★★★ Your satisfaction is our goal — and our guarantee! If you are not satisfied with this seminar, we'll make it right.

OBJECTIVES

- Identify sleep disorders which require referrals to a sleep center.
- Integrate strategies to build a stronger drive for deep sleep.
- Discuss why CBT-I is effective for clients with co-occurring issues such as pain, depression, anxiety or trauma.
- List treatment strategies clients can easily implement to manage their fatigue.
- Design behavioral experiments for clients to test unhelpful beliefs about sleep.
- Identify conditioned arousal and teach clients strategies to reverse it.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Emily Krumenauer** at ekrumenauer@pesi.com or call 715-855-8167.



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TREATING INSOMNIA

Evidence-Based Strategies to Help your Clients Sleep



SACRAMENTO, CA

Monday, May 15, 2017

OAKLAND, CA

Tuesday, May 16, 2017

PALO ALTO, CA

Wednesday, May 17, 2017

Featuring sleep expert & author, Colleen E. Carney, Ph.D.

TREATING INSOMNIA

Evidence-Based Strategies to
Help your Clients Sleep

Using Cognitive Behavioral Therapy for Insomnia (CBT-I)
& Other Strategies for:

- Depression
- Anxiety
- Trauma
- Chronic Pain



SACRAMENTO, CA

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TREATING INSOMNIA

One of the biggest mistakes you as a clinician can make is NOT asking about the client's sleeping habits. We all know the necessity of sleep – especially for those who are depressed, anxious, obsessively worried, or in chronic pain – yet often we overlook this. And worse, we think there's nothing we can do to help them.

- Harness sleep drive to override mental over-activity
- Use rumination as a trigger for more adaptive strategies
- Mindfulness strategies to help with sleep and fatigue

Join me, Colleen Carney, and I'll show you successful, proven techniques I've developed over nearly 20 years on how to optimize your clients sleep – without medication!

Discover evidence-based strategies to help your clients increase energy during the day, sleep more deeply, and re-initiate sleep after hot flashes, panic attacks or nightmares. The strategies I will show you can be easily integrated into existing treatment for depression, chronic pain, trauma and anxiety.

Take the next step and join me today, I will help you learn new assessment tools, step-by-step CBT, and counter-arousal strategies that your client can immediately use. My engaging workshop will include discussion of case vignettes, experiential exercises, examples of sleep logs and other tools to use in your clinical practice.

SPEAKER

Colleen E. Carney, Ph.D., has been solving sleep issues for the past 15+ years. She is a leading expert in psychological treatments for insomnia, particularly in the context of co-occurring mental health issues.

Dr. Carney is the director of the Sleep and Depression Laboratory at the Department of Psychology at Ryerson University. Her work has been featured in *The New York Times* and she has over 100 publications on insomnia. She frequently trains students and mental health providers in CBT for Insomnia at invited workshops throughout North America and at international conferences. Dr. Carney is a passionate advocate for improving the availability of treatment for those with insomnia and other health problems. For more information, please visit www.drcolleencarney.com.

Speaker Disclosure:

Financial: Colleen Carney is a professor at Ryerson University. She receives a speaking honorarium from PESI, Inc.

Non-financial: Colleen Carney is a member of the Canadian Psychological Association; and the Association for Behavioural and Cognitive Therapies (ABCT).

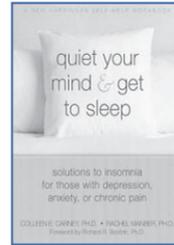
Target Audience

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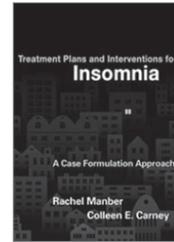
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Quiet Your Mind & Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain

By Colleen E. Carney, Ph.D. **Your Presenter!** & Rachel Manber, Ph.D

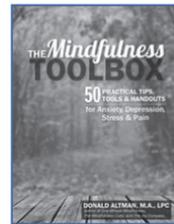
A busy and hectic life can profoundly affect your ability to get a good night's rest. And it's even more difficult to feel relaxed when you stay awake worrying that you won't fall asleep. This vicious circle can quickly rob you of your quality of life, which is why it is so important to seek the most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



Treatment Plans and Interventions for Insomnia: A Case Formulation Approach

By Colleen E. Carney, Ph.D. **Your Presenter!** & Rachel Manber, Ph.D

Poor sleep is a significant source of distress and is also a symptom of other problems, such as anxiety and depressive disorders. From leading experts in cognitive-behavioral therapy for insomnia (CBT-I), this state-of-the-art book provides a framework for tailoring treatment for clients with an array of sleep difficulties.



The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

By Donald Altman, M.A., LPC

Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.

NEW!

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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\$219.99 standard

\$21.95* *Quiet Your Mind & Get to Sleep* book (distributed at seminar—FREE SHIPPING!)

\$40.00* *Treatment Plans and Interventions for Insomnia* book (distributed at seminar—FREE SHIPPING!)

\$29.99* *The Mindfulness Toolbox* book (distributed at seminar—FREE SHIPPING!)

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