

Outline

Assessment Techniques to Evaluate Sleep Disorders

- Sleep mechanisms and importance of circadian rhythms
- Key clinical interview questions
- Why your clients need a sleep diary and how to implement it
- Practical screening questionnaires

Sleep Disorders Associated with Common Mental Health Disorders

- Differentiate sleep symptoms vs. mental health symptoms
- Prevalence of obstructive sleep apnea with co-occurring disorders
 - Anxiety
 - Depression
 - Additional other disorders

- Narcolepsy and its impact on mental health
- Correlation between nightmares and suicidality
- Sleep recommendations for PTSD
- Behaviorally Induced Insufficient Sleep Syndrome
- Insomnia increases risk of Alzheimer's disease
- Classes of sleep disorders and their associated mental health symptoms
 - Insomnia
 - Circadian rhythm sleep-wake disorders
 - Sleep movement disorders
 - Parasomnia
 - Hypersomnia
 - Sleep breathing disorders

The Bi-Directional Impact of Medications

- Medications can interfere with sleep
- Common side effects of hypnotics
- Melatonin – how to naturally increase & when to use a supplement
- Nutritional supplements and herbal medicine

Sleep Deprivation and Mental Health: Recognize Symptoms and Implement Solutions

- 5 domains of sleep deprivation
 - Cognitive performance – decreases simple memory, complex problem solving and verbal fluency
 - Physical performance – increases drowsy driving and auto accidents
 - Physical health – weakens the immune system and increases risks of serious health issues
 - Mental health – intensifies anxiety, impulsivity, and emotional lability
 - Emotional intelligence – impairs moral and ethical decision making

Implement behavior-modifying exercises

Interventions to Correct Circadian Misalignment

- Consequences of desynchrony with natural sleep cycle
- Treatment plans to protect shift workers from anxiety, depression, and other mental health disorders
- Manicomania associated with jetlag

- Mental health risks of night owls
- Strategies for clients who frequently travel
- How to regulate circadian physiology
 - Body clock
 - SCN in the brain
 - Cellular mechanisms
- Balance out melatonin rhythm

Assess Children's Sleep Issues and Implement Strategies to Improve

- ADHD, sleep disorder, or both?
- Obstructive Sleep Apnea often mistaken as other mental health symptoms in children
- Restless Legs Syndrome
- Sleep and naps are critical for development and growth
- Children's sleep screening and recommendations
- Step-by-step guide for parents to help kids sleep better

Techniques to Evaluate and Improve Teen Sleep

- How to determine a teenage client's natural circadian rhythm
- Dangers of sleep deprivation in adolescents
 - Increased negative risk taking
 - Correlation between lack of sleep and suicidality
 - Decreased academic achievement and decision making ability
 - Higher rates of juvenile delinquency
 - Driving drowsy and car accidents

- Tools for increasing teens' sleep
- School start time – how to advocate for change

Practical Methods to Create a Sleep Healthy Lifestyle

- Develop individualized healthy sleep plans for your clients – not a cookie cutter approach
- Get clients to “yes” in prioritizing optimal sleep
- Behavior-modifying exercises to help clients snap out of their sleep-depriving habits
- Address family and couple dynamics to allow everyone healthy sleep
- Tips and tricks for evening cell phone use to promote better sleep
- Techniques to reinforce long-term sleep health
- When to make a referral
 - What clients can expect from sleep disorder treatments

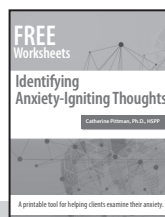
Live Webinar Schedule (Times listed in Central)

- 8:00** Program begins
- 11:50-1:00** Lunch Break
- 4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

FREE WORKSHEETS!

Identifying Anxiety-Igniting Thoughts



Get yours today at pesi.com/ccatpworksheets

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

SLEEP

..... AND

Mental Health

Non-Medication Interventions to Restore Sleep Quality and Improve Clinical Outcomes

LIVE Interactive Webinar Thursday, March 17, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/86751

Join us online for this live training!

SLEEP

..... AND

Mental Health

Non-Medication Interventions to Restore Sleep Quality and Improve Clinical Outcomes

- Key sleep quality questions you should be asking at every intake
- Increase your clients' capacity to cope, make healthy decisions, and comply with treatment recommendations
- Simple and effective strategies for helping all clients change their sleep-depriving habits
- Interventions to address insomnia, disrupted sleep, nightmares, hypersomnia and more!

LIVE Interactive Webinar Thursday, March 17, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
pesi.com/webcast/86751

SLEEP AND Mental Health

How many of your clients have sleep issues?

Or maybe the real question is how many of your client don't?

Where we used to think mental health problems caused insomnia, we now know that the relationship is more circular than causal. Risky and addictive, drugs aren't the answer. But without addressing sleep issues, and intervening in this vicious cycle, your treatment plans for mental health issues will likely be less effective and yield less successful outcomes.

You CAN help your clients improve their sleep and make your treatment of mental health issues more effective than ever before...and you don't need to be a sleep expert to do it!

Whether you work with anxiety, depression, trauma, bipolar or any other disorders, this one-day training will give you the sleep assessment tools and treatment techniques you need to guide clients out of their sleep deprived world so you can improve clinical outcomes.

Attend this training and discover how you can:

- Naturally improve sleep in clients without the use of addictive medication
- Identify sleep disorders and differentiate them from mental health symptoms
- Improve sleep for clients of all ages – from kids to adults
- Snap clients out of sleep-depriving habits with behavior changing exercises

Sign up today, and add a new tool to your toolbox to bring greater healing to your clients through the power of sleep!

Objectives

1. Analyze which mental health symptoms accompany the many sleep disorders and its clinical implications.
2. Assess your clients' symptoms for sleep disorders that impair mental health to improve treatment outcomes.
3. Practice psychoeducation with clients to help them identify their individual optimal sleep needs for improved mental health and daily functioning.
4. Develop an optimal individual sleep treatment plan for your clients and implement skills to help them adopt the sleep healthy lifestyle.
5. Determine when referral for further sleep disorders treatment is an appropriate approach to manage symptoms.
6. Evaluate the mechanisms by which insufficient sleep and sleep disorders contribute to mental health problems for purposes of client psychoeducation.



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at www.pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

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 **Victoria Franz** at vf Franz@pesi.com or call **715-855-8108**.

Meet Your Speaker

Catherine Darley, ND, is a leader in integrative sleep medicine. She founded The Institute of Naturopathic Sleep Medicine, Inc in 2003, and since then has helped people of all ages sleep well using behavioral and naturopathic approaches for sleep disorders. Dr. Darley led the Start School Later initiative in Seattle, which succeeded in improving school hours for more than 50,000 students. She teaches at Bastyr University and the National College of Natural Medicine and is on the inaugural panel of experts for the Sleep Cycle Institute. Dr. Darley is published in numerous professional journals, has been quoted in several popular magazines, and has appeared on TV to share her expertise. She received her Doctor of Naturopathic Medicine from Bastyr University and completed a preceptorship at the Stanford University Sleep Disorders Center. She is an expert and dynamic speaker, teaching a wide range of groups through engagement, storytelling, and with a clear explanation of the mechanisms of sleep, circadian physiology, and treatment protocols.

Speaker Disclosure:

Financial: Catherine Darley founded The Institute of Naturopathic Sleep Medicine, Inc. She is on faculty at Bastyr University and the National College of Natural Medicine. Dr. Darley receives a speaking honorarium from PESI, Inc. Non-financial: Catherine Darley has no relevant non-financial relationship.

Target Audience:

Counselors • Social Workers • Psychologists • Psychotherapists
Therapists • Addiction Counselors • Marriage and Family Therapists • Case Managers
Nurses • Physicians • Psychiatrists • Other Mental Health Professionals

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Case Managers, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/86751

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

This program is Approved by the National Association of Social Workers (Approval # 886759332-5947) for 6.0 Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to **6.25 CE Hours for one low price!**

SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/86751

Live Interactive Webinar (Option 1)

March 17, 2022 [PWZ86750]

\$219.99 tuition

8am Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS055255]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate
CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

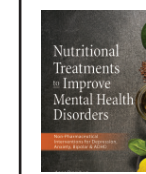
DVD (Option 3)

\$219.99 [RNV055255]

DVD Experience:

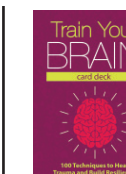
- Self-study CE certificate available
CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



Nutritional Treatments to Improve Mental Health Disorders
Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD
R Anne Procyk, ND
~~\$24.99~~ **\$19.99***

PUB085695



Train Your Brain Card Deck
100 Techniques to Heal Trauma and Build Resiliency
Dr. Jennifer Sweeton
~~\$19.99~~ **\$14.99***

PUB086765

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



For all credit approvals and details, visit: www.pesi.com/webcast/86751