

Outline

Sleep Disturbance Doesn't Resolve on Its Own

Why Treating a Primary Mental Health Disorder Won't Cure Insomnia

Insomnia as a risk factor for behavioral health and medical disorders

Treatment issues when insomnia is comorbid with depression, anxiety, and PTSD

Sleep quality concerns with co-occurring chronic pain and illness

What weakens sleep drive and disturbs circadian rhythms?

Common thoughts and behaviors that contribute to sleep-interfering arousal

How to teach clients about the 3 P's - predisposing, precipitating, and perpetuating factors

Insomnia-Informed Assessment

How and What to Ask Your Clients

Top questions for the initial interview

Assessments for co-occurring sleep disorders

Talking with clients about the impact of medications and drugs on sleep

Evaluate sleep continuity, discern bad sleep habits, and identify daytime symptoms of insomnia

Sleep diary and other take-home assessment resources

How to get clear, useable information about your clients' sleep patterns

Treatment Planning with Cognitive Behavioral Therapy for Insomnia (CBT-I)

Behavioral Strategies to Improve Sleep and Outcomes for Primary Mental Health Disorders

Clinical practice guidelines and the state of research on insomnia treatment

Who is a good candidate for CBT-I?

Effective sleep hygiene for clients who haven't addressed the basics

Clock watching and its implications

Sleep environment concerns

Impact of eating, substances, and exercise

Strengthen the sleep drive and circadian clock with sleep restriction therapy (SRT)

Psychoeducation on rationale and addressing clients' fears to increase engagement

Objectives

1. Distinguish acute insomnia from chronic insomnia and identify treatment implications.
2. Conduct a thorough sleep assessment.
3. Analyze data from sleep diaries to inform treatment.
4. Employ stimulus control to strengthen the association between bed and sleep.
5. Conduct sleep restriction therapy to improve clients' sleep drive.
6. Utilize cognitive strategies to reduce alarming sleep-related thoughts.

How to set the sleep window and when to extend time-in-bed

Rules for before-bed activities and strategies for waking up on time

Address conditioned arousal with Stimulus Control (SC)

Overcoming obstacles to strengthening the association between bed and sleep

Counter-arousal strategies

Activities your clients can use during periods of nighttime wakefulness

Cognitive Strategies to Help Clients Change Sleep-Interfering Thoughts & Beliefs

Create a buffer zone and worry schedule for your clients

Tools to identify thoughts and beliefs that perpetuate sleep problems

Combat intrusive thoughts during sleep time

Help clients reduce sleep effort and worry about lack of sleep

Strategies to restructure expectations and thoughts

Behavioral experiments to evaluate sleep-related thinking

Clinical Considerations

Additional Factors for the Insomnia-Informed Clinician

Best practices to address clients' concerns about interventions

Troubleshooting insufficient progress in CBT-I

When to refer to a sleep specialist

Limitations of the research and potential risks

Live Webinar Schedule

(Times listed in Eastern)

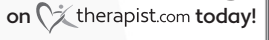
9:00 Program begins

12:50-2:00 Lunch Break


5:00 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.

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on  therapist.com today!

Register for FREE when you go to: [therapist.com/free](https://www.therapist.com/free)



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

Group Training Solutions Made Easy!

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



www.pesi.com/inhouse

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

Join us online for this live training!

Beyond Sleep Hygiene

CBT Solutions to Improve Outcomes and Resolve Insomnia Symptoms in Clients with Anxiety, PTSD, Depression, and More

Live Interactive Webinar
Friday, February 3, 2023

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



REGISTER NOW: pesi.com/webcast/88392

Join us online for this live training!

Beyond Sleep Hygiene

CBT Solutions to Improve Outcomes and Resolve Insomnia Symptoms in Clients with Anxiety, PTSD, Depression, and More



Featuring **Donn Posner, PhD, DBSM**

Diplomate of Behavioral Sleep Medicine and Founding Member of the Society of Behavioral Sleep Medicine

- Go beyond sleep hygiene with the gold standard treatment for insomnia
- Sleep assessments most clinicians are missing that make a big difference
- Target the main factors keeping your clients awake at night

Live Interactive Webinar
Friday, February 3, 2023

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



REGISTER NOW: pesi.com/webcast/88392

A Non-Profit Organization Connecting Knowledge with Need Since 1979

Beyond Sleep Hygiene

CBT Solutions to Improve Outcomes and Resolve Insomnia Symptoms in Clients with Anxiety, PTSD, Depression, and More

Stuck progress. Incomplete treatment gains. Symptom recurrence.

These aren't the outcomes you want for your clients.

Anxiety, PTSD, and depression share a common problem - sleep disturbance. And you're likely underestimating its significance.

While old wisdom suggested that insomnia was just a symptom of other disorders that would resolve along with the primary mental health condition...

...new evidence reveals that not only is insomnia a risk factor for numerous behavioral health issues and medical problems - if left unaddressed, insomnia complicates your treatment efforts and diminishes your clients' recovery.

Insomnia must be targeted directly - and often, simply helping your clients sleep better actually decreases their other symptoms.

In this essential training, Dr. Donn Posner, distinguished Diplomate in Behavioral Sleep Medicine and founding member of the Society of Behavioral Sleep Medicine, will teach you **Cognitive Behavioral Therapy for Insomnia (CBT-I)**, a powerful evidence-based, gold-standard treatment to help your clients put chronic insomnia behind them. You'll get the skills you need to:

- Increase sleep efficiency so your clients consistently get the rest they need
- Transform your clients' bed into a cue for sleep so they don't toss and turn all night
- Deconstruct unhelpful beliefs to decrease anxiety about sleep
- Troubleshoot sleep-related problems at any stage of therapy

Register today and add to your clinical toolbox the treatment that is more strongly recommended than medications to improve sleep!

Target Audience:

Counselors • Social Workers • Psychologists • Marriage & Family Therapists • Physicians
Addiction Counselors • Case Managers • Psychiatric Nurses • Nurses • Occupational Therapists
Other Mental Health Professionals



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



Donn Posner, PhD, DBSM, is the founder and president of Sleepwell Consultants and provides consultation to organizations and individuals on a wide variety of sleep health issues including insomnia, circadian dysrhythmia, CPAP adherence, and parasomnias. He is an adjunct clinical associate professor in the department of psychiatry and behavioral sciences at the Stanford University School of Medicine and a consulting psychologist for the Palo Alto VA. Dr. Posner works on a number of grants exploring the effects of CBT-I in Gulf War Veterans, and Veterans with insomnia and mild traumatic brain injury. He is also conducting a pilot aimed at using CBT-I techniques to decrease fatigue in breast cancer survivors by increasing total sleep time. Dr. Posner spent 25 years as the director of behavioral sleep medicine for the sleep disorders center of Lifespan Hospitals and was a clinical associate professor in the department of psychiatry and human behavior at the Warren Alpert School of Medicine at Brown University. He 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 a founding member of the Society of Behavioral Sleep Medicine and he has achieved the status of Diplomate of Behavioral Sleep Medicine (DBSM).

Dr. Posner works on a number of grants exploring the effects of CBT-I in Gulf War Veterans, and Veterans with insomnia and mild traumatic brain injury. He is also conducting a pilot aimed at using CBT-I techniques to decrease fatigue in breast cancer survivors by increasing total sleep time. Dr. Posner spent 25 years as the director of behavioral sleep medicine for the sleep disorders center of Lifespan Hospitals and was a clinical associate professor in the department of psychiatry and human behavior at the Warren Alpert School of Medicine at Brown University. He 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 a founding member of the Society of Behavioral Sleep Medicine and he has achieved the status of Diplomate of Behavioral Sleep Medicine (DBSM).

Speaker Disclosure:

Financial: Dr. Donn Posner is the founder and president of Sleepwell Consultants and has employment relationships with the Stanford University School of Medicine and the Palo Alto Veterans Institute for Research. He serves on the advisory board for Dawn Health, Delta Sleep.io, Brain Train 2020 LTD, and iSleep Clinic. Dr. Posner receives a speaking honorarium and recording royalties from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.

Non-financial: Dr. Donn Posner is a member of the American Academy of Sleep Medicine, the American Psychological Association, the Society of Behavioral Sleep Medicine, and the Association for Behavioral and Cognitive Therapies.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar

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

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88392>.

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88392>.



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.

Here's What Your Colleagues are Saying about Dr. Posner!

"Made me realize how little I know about sleep and insomnia!"

—John A., Counselor

"Excellent material, excellent instruction. This is the best program I've taken."

—Cindy S., Psychologist

"Loved the speaker!"

—Deborah W., MFT

"This course surpassed my expectations. Thank you!"

—Beth S., Social Worker



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



Psychologists: PESI, Inc. is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. Course Level: Basic.



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: Advanced. 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.

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, PESI AU, PESI UK, and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesi.com/webcast/88392

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/88392

Live Interactive Webinar (Option 1)

February 3, 2023 [PWZ88391]

\$219.99 tuition

9am Eastern 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 [POS059137]

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.

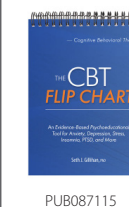
DVD (Option 3)

\$219.99 [RNV059137]

DVD Experience:

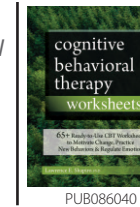
- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



The CBT Flip Chart
An Evidence-Based Psychoeducational Tool for Anxiety, Depression, Stress, Insomnia, PTSD, and More
Seth J. Gillihan, PhD
~~\$34.99~~ **\$26.99***

PUB087115



Cognitive Behavioral Therapy Worksheets
65+ Ready-to-Use Worksheets to Motivate Change, Practice New Behaviors & Regulate Emotion
Lawrence E. Shapiro, PhD
~~\$26.99~~ **\$19.99***

PUB086040

*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

