

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)

8:00 Program begins

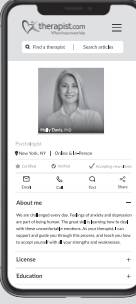
11:50-1:00 Lunch Break

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.

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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, July 7, 2023

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

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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
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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).

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.

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



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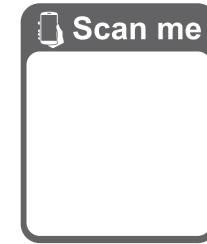
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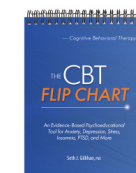
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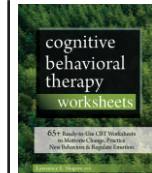


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