

Outline

Trauma, Nightmares, Insomnia, and Distressed Sleep

The relationship between trauma, sleep, and nightmares
Types of trauma-related nightmares
Common challenges associated with sleep disturbance
Harmful habits often seen among individuals desiring restful sleep

Assessment and Treatment Planning

DSM-5™ diagnoses associated with nightmares
Using clinical interviews and self-report measures
Skills for assessing trauma-related nightmares
Sleep diaries, trauma history, and PTSD checklist
Differential diagnosis
Pros and cons of medication management to treat nightmares

A Step-by-Step Guide to Using Image Rehearsal Therapy for Reduced Nightmare Frequency and Intensity

Session structure outlines and scripts
Step 1: CBT strategies for better sleep
Using sleep restriction to decrease clients time in bed laying awake
Sleep consolidation for less fragmented sleep
Step 2: IRT to rescript nightmares and reduce emotional intensity
How to guide clients in creating a calming image

Objectives

1. Establish the correlation between post traumatic stress disorder, insomnia, and nightmares.
2. Utilize clinical interviews and self-report measures to assess for sleep quality and the frequency, intensity and triggers associated with trauma-related nightmares.
3. Utilize CBT strategies, including using sleep restriction and sleep consolidation, to improve sleep quality in clients.
4. Demonstrate how to use IRT techniques to guide clients in creating calming images and using imagery exercises to re-script nightmares.
5. Illustrate how dream rehearsal techniques can be used to practice and instill positive dream scenarios and outcomes in clients.
6. Reduce hyperarousal and anxiety in clients with trauma-based nightmares with mindfulness and relaxation practices.
7. Implement solutions to help increase client compliance and manage co-occurring issues in clients to increase treatment efficacy.

Imagery exercises that empower clients to re-script nightmares
Dream rehearsal techniques to practice positive dream scenarios and outcomes
Guide clients in gradual exposure to traumatic memories during IRT
Step 3: Target hyperarousal and manage anxiety with mindfulness and relaxation practices

Adapting IRT for cultural and clinical diversity
Research, treatment limitations, and risks

Problem Solving Issues Related to Treatment Implementation

Practical steps to increase client compliance
When clients can't create clear detailed imagery
Co-occurring issues
Best practices to increase treatment efficacy

Nightmare Treatment Case Studies

27-year-old woman with childhood trauma
45-year-old man who has been diagnosed with PTSD related to a workplace accident
28-year-old woman who was involved in a mass shooting


Live Webinar Schedule
(Times listed in Central)

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

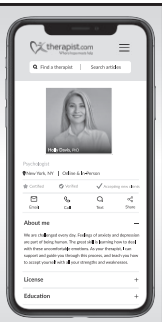
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Friday, September 29, 2023

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Trauma-Based Nightmare Treatment

Rapidly Reduce Frequency and Intensity with Image Rehearsal Therapy

BONUS session outlines and scripts to guide treatment

- Rapid results - reduce nightmare intensity in just a few sessions
- Easy to use skills to give clients a sense of control and agency
- Recommended by the American Academy of Sleep Medicine
- A must-have approach for the up to 71% of PTSD clients with frequent nightmares

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Trauma-Based Nightmare Treatment

Image rehearsal therapy (IRT) is the **evidence-based approach** you need to rapidly reduce the frequency and intensity of your clients’ trauma-based nightmares.

Practical and straightforward **IRT has empowered thousands of therapists** to help their clients confront and change their nightmares with **tools and coping skills** to rehearse new positive dream scenarios and replace their fear and anxiety with feelings of safety and security.

And it can all be done in just a few sessions.

Now in this live online training you’ll get a step-by-step guide to bring IRT into your practice in just one day.

Led by trauma treatment expert, Dr. Lillian Gibson, you’ll get **session outlines, scripting and the detailed guidance** you need to start using IRT right away and feel confident in knowing exactly what to do and what to say from the very first session.

When you register you’ll discover how you can:

- Use imagery exercises to empower clients and disempower nightmares
- Employ techniques to reinforce positive dream scenarios and outcomes
- Tailor IRT to meet the specific needs of your clients
- Enhance engagement and adherence to the therapy
- Manage nightmare anxiety and hyperarousal
- And much more!

And since IRT can be easily integrated with your current approaches, it’s a perfect complement to the trauma treatments you already use with clients.

Image Rehearsal Therapy is a must-have clinical tool if you work with trauma.

Don’t wait to help your clients stop the nightmares and get the restful night’s sleep they deserve.

Register now!



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Meet Your Speaker

Lillian Gibson, PhD, is a licensed clinical psychologist with over a decade of experience working with clients facing trauma, insomnia, nightmares, race-based traumas, minority stress, anxiety, depression, and chronic medical conditions. In addition to her clinical duties, she serves as a consultant to other licensed clinicians, and supervises psychology and medical residents on “gold star” evidenced-based psychotherapy treatments. Dr. Gibson is a highly recommended speaker, consultant, and clinician who is frequently engaged by non-profit agencies, community-based programs, and mental health agencies to inform and train their staff. Experienced in a variety of settings including inpatient mental health centers, outpatient behavioral care services, and primary care settings, Dr. Gibson’s professional footprints include places such as Johns Hopkins Medicine and the Quality Education for Minorities Network. Dr. Gibson has also conducted international research in Johannesburg, South Africa.

Speaker Disclosures:
Financial: Dr. Lillian Gibson maintains a private practice. She receives compensation as an independent consultant. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Lillian Gibson has no relevant non-financial relationships.

Target Audience:

Counselors • Social Workers • Psychiatrists • Psychologists • Addiction Counselors
Marriage and Family Therapists • Therapists • Physicians • Nurses
Other Professionals Who Work within the Mental Health Fields


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