

Cognitive Behavioural Therapy for Insomnia

Practical workshops with world-leading experts

Brisbane 12-13 November 2022 • Melbourne 15-16 November 2022

REGISTER NOW



For the first time, Australian health professionals have an opportunity to spend two days with the world leaders in Cognitive Behavioural Therapy for Insomnia (CBT-I), Michael Perlis and Donn Posner.

Insomnia is Australia's largest sleep disorder with up to 33% of the population reporting regular difficulty going to sleep or staying asleep. CBT-I not only treats insomnia, but it can also improve conditions that co-occur such as depression, anxiety, PTSD, chronic pain, and other behavioural and medical disorders.

Presenters

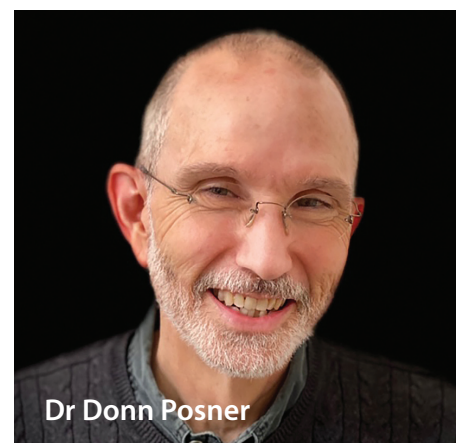
Drs **Michael Perlis** and **Donn Posner** are internationally-renowned behavioural sleep medicine experts and Cognitive Behavioural Therapy for Insomnia (CBT-I) trainers. Both are certified in Behavioural Sleep Medicine through the Board of Behavioural Sleep Medicine, and together, they have facilitated hundreds of CBT-I training courses across the United States and internationally.

They offer both basic and advanced training in CBT-I, and their unique and humorous approach to teaching ensures all participants remain engaged and walk out with practical skills in the delivery of CBT-I to patients with insomnia. Both Michael and Donn are passionate about the dissemination of CBT-I, and their CBT-I course is a unique opportunity for Australian healthcare practitioners to learn an evidence-based approach to insomnia treatment by international experts.

CBT-I www.med.upenn.edu/cbti

Michael Perlis www.med.upenn.edu/bsm/faculty_perlis.html

Donn Posner www.sleepwellconsultants.com/about-dr-posner



www.sleep.org.au

CBT-I is an invaluable addition to every clinician's toolbox to help address a range of physical and mental health problems.

Spend two days in Brisbane or Melbourne learning from the world leaders, understanding the basics and refining your skills in applying them to your clinical practice. These workshops are open to all health professionals as well as students in health disciplines.

These workshops are being run by the Australasian Sleep Association, the multidisciplinary society representing clinicians, researchers and scientists working in sleep health and sleep medicine.

Why?

Insomnia affects between 13-33% of Australian adults and can lead to poor mental and physical health outcomes (Bartlett, Marshall, Williams, & Grunstein, 2008; Lack, Miller, & Turner, 1988).

But Australian healthcare practitioners receive little training in evidence-based treatments for insomnia.

Cognitive Behavioural Therapy for Insomnia is a very effective non-pharmacological treatment for insomnia, yet it is not widely accessible in Australia due to the lack of healthcare provider training.

Insomnia is a common symptom of many other mental health conditions, including depression and anxiety. CBT-I is a very useful tool to add to evidence-based treatments for these other conditions.

Who?

This course is designed to give all health professionals a detailed understanding and practical tools to provide CBT-I to patients in multiple settings. It is particularly relevant to:

- Clinical psychologists
- Sleep and respiratory physicians
- General practitioners
- Primary care nurses
- Clinical nurse practitioners
- Occupational therapists
- Sleep scientists
- Social workers

Outcomes

This course will teach participants the key skills in CBT-I, allowing increased patient to access this gold-standard treatment for insomnia.

On completion, participants will be equipped to:

- Accurately assess patients experiencing chronic insomnia
- Plan treatments tailored to each individual patient
- Support patients through the treatment process
- Troubleshoot barriers to successful treatment and insufficient progress.

How much?

Registration fees include two days of intensive, interactive instruction in CBT-I, as well as a light breakfast, morning tea, lunch and afternoon tea on both days. Members of the Australasian Sleep Association and the Australian Psychological Society are entitled to receive member rates.

	Early bird (by 7 September)	Standard (from 8 September)
ASA/APS members	\$750	\$990
Non-members	\$1265	\$1430

Additional discounts are available for ASA and APS members who are full-time students, registrars or trainees. Contact the ASA office before registering for discount codes to access these special rates.



CPD Approved
2022-23 15 CPD hours

www.sleep.org.au

Course overview

Definitions

- Sleep continuity
- Sleep architecture
- Acute insomnia
- Chronic insomnia – Insomnia Disorder

How insomnia develops and sleep regulation

- 3P and 4P models
- Factors that weaken the sleep drive
- Factors that weaken the signal of the circadian clock
- How the circadian clock and sleep drive work together to regulate sleep
- How the arousal system interferes with sleep regulation
- Cognitions and behaviours creating cognitive arousal and interfere with sleep
- Identifying conditioned insomnia

Assessment and treatment planning

- Treat insomnia to improve outcomes for PTSD, chronic pain, depression and anxiety
- Why treating a primary mental health disorder won't cure insomnia
- Insomnia-informed considerations for the clinical interview
- Who is a good candidate for CBT-I?
- Hypnotic medications and sleep
- Drugs that can cause sleep disturbance
- Take-home assessment resources
- Limitations of research and potential risks

Assessment factors

- Assess for comorbid sleep disorders
- Evaluate sleep continuity
- Identify daytime symptoms of insomnia
- Discern bad sleep habits
- Other assessment considerations

Assessment process

- Clinical interview
- Sleep diary
- Case conceptualisation
- Difference between sleepiness and fatigue
- Getting useful information from sleep diaries
- When to make a referral to a sleep clinic
- Other assessment issues

Sleep restriction therapy – strengthen the sleep drive and signals from the circadian clock

- Goals of sleep restriction
- Sleep restriction rationale
- Transdiagnostic clinical strategies to optimize sleep and improve outcomes in clients with PTSD, anxiety, depression and chronic pain
- Step-by-step guide to sleep restriction therapy
- Considerations for setting the sleep window
- How and when to extend time-in-bed
- Rules for before-bed activities
- Address clients' fears about sleep restriction therapy
- Combat difficulty with waking on time

Stimulus control – address conditioned arousal

- Goals of stimulus control
- Rationale for stimulus control
- Step-by-step guide to stimulus control
- Counter arousal strategies
- Activities for night time wakefulness
- Address clients' practical concerns
- Overcome obstacles to stimulus control
- Troubleshooting insufficient progress
- Discuss safety issues

Sleep hygiene – deconstructing the vulnerability ladder

- Clock watching
- Bedroom environment: comfort, safety, lighting, noise
- Eating and drinking
- Exercise
- Substances
- Reducing arousal

Cognitive therapy – general and targeted

- Goals of cognitive therapy
- Educational information
- Identifying dysfunctional beliefs
- Decatastrophisation strategies
- Safety behaviours
- Behavioural experiments

Schedule



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Day 1

7.30 am	Registration and breakfast
8.00 am	Welcome announcements and orientation
8.30 am	Basics of sleep continuity, sleep architecture, and the behavioural model of insomnia
10.00 am	Morning tea
10.15 am	Pharmacological treatment options for insomnia
12.00 pm	Lunch
1.00 pm	Behavioral treatment options for insomnia. Efficacy of CBT-I
3.00 pm	Afternoon tea
3.15 pm	Assessment of insomnia – definition, differential diagnosis, indications for treatment
5.00 pm	Close

Day 2

7.30 am	Breakfast
8.00 am	Epidemiology of insomnia, perpetuating factors: A deep dive
10.00 pm	Morning tea
10.15 pm	Sleep diaries, sleep restriction therapy and stimulus control therapy
12.00 pm	Lunch
1.00 pm	Sleep hygiene, general and targeted cognitive therapy
3.00 pm	Afternoon tea
3.15 pm	Assessment devices, conceptualization, therapy structure, and relapse prevention
5.00 pm	Close

Register online

for BRISBANE <http://bit.ly/cbti-brisbane>

8am-5pm, 12-13 November 2022
Venue: Karstens Brisbane, Level 24,
215 Adelaide St, Brisbane QLD 4000

for MELBOURNE <http://bit.ly/cbti-melbourne>

8am-5pm, 15-16 November 2022
Venue: Karstens Melbourne
123 King St, Melbourne VIC 3000



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