



CBT FOR INSOMNIA IN MENTAL HEALTH DISORDERS

Booking link : <https://unifiedcbt.com/workshops/>

Website: <https://unifiedcbt.com/>

Contact: Dr Sanjay Rao Email: info@unifiedcbt.com Phone: 1-888-691-6111

MEET YOUR TRAINER

Professor Colleen Carney

RYERSON UNIVERSITY,
TORONTO

Dr Colleen E. Carney is an Associate Professor in the Psychology Department at Ryerson University and the Director of the Sleep and Depression Laboratory. Her research has been funded by the National Institute of Mental Health, the National Institute of Nursing Research, the Social Sciences and Humanities Research Council, the Ministry of Research and Innovation and the Canadian Institute of Health Research. She is a Fellow of the Canadian Association of Cognitive and Behavioural Therapies, the Canadian Psychological Association and the Association of Behavioural and Cognitive Therapies (ABCT). In the past year, Dr Carney was the featured guest on the program, Fast Health "How to Sleep Better", as well as Netflix's A User's Guide to Cheating Death (Episode 1, Season 2).



COURSE DETAILS

DATE

Friday May 1, 2020

TIME

9:00 am-4:30 pm(ET)

VENUE

Best Western
1274 Carling Ave., Ottawa, Ont.

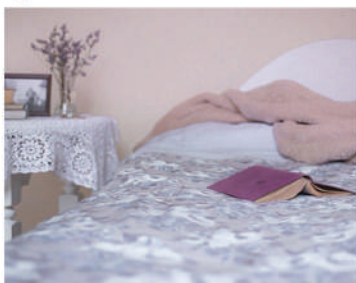
BOOKING LINK

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FEES

Early Bird Fee: \$240 (until Mar. 30th, 2020)
Student Fee: \$199
Full Fee: \$299

COURSE DESCRIPTION



CBT-I (Cognitive Behavioural Therapy for Insomnia) is a relatively straightforward treatment to deliver, but providing this treatment with complex cases, particularly those with comorbid mental health conditions can be a challenge. It is important to have a solid background in assessment, how the sleep regulatory systems work, the causal factors for chronic insomnia, and the relative evidence for each technique, in order to deliver this treatment effectively and with confidence. This workshop will teach you to integrate CBT into non-sleep speciality settings, and how to deliver this treatment individually or in a group setting, with flexibility and adaptation when necessary.

LEARNING OBJECTIVES

- i. Learn key competencies for sleep assessment in non-sleep speciality settings
- ii. Identify behaviours that interfere with the build-up of deep sleep drive
- iii. Restore deep sleep drive with time-in-bed restriction, then expansion
- iv. Identify behaviours that cause circadian dysregulation
- v. Teach clients to calculate their optimal time-in-bed window
- vi. Learn fatigue management and counterproposal strategies
- vii. Learn cognitive strategies for testing beliefs
- viii. Troubleshoot common sticking points in those with comorbid illness
- ix. Discuss whether CBT-I is compatible with approved sleep medication use

Register for this course at <https://bit.ly/2tSeGdz>
Email: info@unifiedcbt.com Phone: 1-888-691-6111