CBT-Insomnia (CBT-I): Putting Techniques into Practice

Half Day Webinars via Adobe Connect
held from 1300-1700 East Coast time

Presented by the Center for Deployment Psychology for mental health providers only.

Courtesy of Center for Deployment Psychology.

This four hour webinar provides clinicians using CBT-Insomnia with an opportunity to review and expand on topics and techniques for treating deployment-related sleep disturbances. Treatment resistance will be discussed, and instructors will review the new diagnostic guidelines for insomnia. Case examples will be introduced during the webinar to demonstrate complexities that can arise during the course of CBT-I.

Learning Objectives:

1. Review DSM-V as it relates to diagnosis, conceptualization and treatment of sleep disturbances in military personnel.
2. Discuss use of sleep restriction with complex and difficult cases.
3. Describe implementation of advanced cognitive techniques in the treatment of insomnia.
4. Develop skills for motivational interviewing to address adherence problems.

Free Continuing Education (CE) credits are available for these half day webinars

See attached CE statement for more information. No partial credit allowed. CME credits are not provided.
CE certificates will be sent by email approximately 4 weeks after the webinar.
PESI charges $10 to reissue certificates and full price to issue previously unrequested credits.
For specific CE questions, contact Bridget Schaub at bschaub@pesi.com.

We are offering three different date options – please choose one registration link:

3 November 2016 from 1300-1700 EST: http://refr3nov2016cbti.eventbrite.com

14 March 2017 from 1300-1700 EST: http://refr14march2017cbti.eventbrite.com

20 July 2017 from 1300-1700 EST: http://refr20july2017cbti.eventbrite.com

Registration questions? Contact Ms. Kris Hannah at khannah@deploymentpsych.org

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