



Assessment and Treatment of Sleep Disturbances in Military Populations: Cognitive-Behavioral Therapy for Insomnia (CBT-I)

This 2-day workshop provides training in the assessment of military-related sleep disturbance and treatment of insomnia via Cognitive Behavioral Therapy for Insomnia (CBT-I), an evidence-based approach to treating sleep problems. The workshop begins with a broad foundation of normal sleep, including sleep mechanisms and theories, which builds to instruction on sleep-focused differential assessment with a focus on functional analysis. From this perspective, we explore the etiology of insomnia and introduce clinical interventions within a step-by-step CBT-I protocol. Experiential and interactive elements develop practical skills for using Stimulus Control, Sleep Restriction, and cognitive therapy. Military case examples are incorporated to illustrate key concepts and techniques. Participants are expected to engage in case discussion and role-plays in class to practice CBT-I techniques, and full attendance both days is required.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Level: Intermediate

Learning Objectives:

Attendees will be able to:

1. Articulate the prevalence of insomnia experienced by military personnel.
2. Demonstrate the Two-Process (Homeostatic & Circadian) Model of Sleep.
3. Evaluate the four stages of sleep.
4. Perform sleep-focused differential assessment.
5. Plan an appropriate course of CBT-I treatment based on individualized case conceptualization.
6. Incorporate recommended subjective sleep measures into assessment.
7. Discriminate between subtypes of insomnia and the symptoms associated with such sleep disturbance.
8. Communicate basic sleep principles and sleep hygiene to patient using psychoeducation.
9. Score a patient's baseline sleep log including calculations of sleep efficiency.
10. Apply principles of stimulus control to patients with insomnia.
11. Calculate sleep data to prescribe bedtime and wake time schedule using sleep restriction.
12. Recommend strategies for implementing individual and group CBT-I.
13. Employ adaptations of standard cognitive approaches to patients with insomnia.
14. Justify the role of CBT-I in cases of insomnia with co-morbidities.



Agenda

Day One

- 11:00am – 11:15am Introduction & Course Overview
- 11:15am - 11:45am Military Aspects of Sleep
- 11:45am – 2:00pm Overview of Normal Human Sleep
- 2:00pm – 3:00pm Insomnia: Diagnosis & Etiology
- 3:00pm – 4:00pm **Lunch Break**
- 4:00pm – 7:30pm Session 1: Assessment of Sleep Disturbance
- 7:30pm **Adjourn for the day**

Day Two

- 11:00am – 2:30pm Session 2-4:
- Stimulus Control
 - Sleep Restriction
 - Sleep Hygiene
 - Relaxation Training
- 2:30pm – 3:30pm **Lunch Break**
- 3:30pm – 7:15pm Session 5-8:
- Cognitive Techniques
 - Relapse Prevention
 - Other Topics:
 - Treating Comorbidities and other Considerations
 - Group CBT-I
 - Case Conceptualization Exercise
- 7:15pm – 7:30pm **Wrap-Up and Q&A**



One hour for lunch and two 15-minute breaks each day

11:00 AM - 7:30 PM minus 1.5 hours = 7 hours per day
Tuesday, July 20th, 2021 from 11:00am ET- 7:30pm ET
Wednesday, July 21st, 2021 from 11:00am ET- 7:30pm ET

Location Information

This course will be held online through Zoom Communications.

Tuesday, July 20th, 2021 from 11:00am ET- 7:30pm ET
Wednesday, July 21st, 2021 from 11:00am ET- 7:30pm ET

If you are unfamiliar with Zoom, we HIGHLY recommend testing your computer and network with the following link: <https://zoom.us/test>.

Zoom may not be permitted on networks or internet connections belonging to US military bases or the US Department of Veterans Affairs. Some workplace internet connections will also not permit Zoom. In these instances, we encourage participants to use a home internet connection.

A functioning microphone is MANDATORY to attend, in order to hear the presenters and participate in the role-play sessions. Headphones are HIGHLY RECOMMENDED to reduce audio feedback and echoing effects.

Participate

Registration Information: Participants are able to find registration information for this training on the CDP website: <https://deploymentpsych.org/training>. Registration is done through an event management system CE 21.

Direct registration link:

<https://deploymentpsych.ce21.com/item/assessment-treatment-sleep-disturbances-military-populations-cognitivebehavioral-therapy-insomnia-cbti-zoom-80086>

Cost/Refunds:



Registration Fee: \$45

Refund Policy:

Registration fees will be refunded to participants who send a written cancellation via email to aric.bowie.ctr@usuhs.edu, or christopher.adams.ctr@usuhs.edu. If cancelled by July 2nd, 2021, registrants can receive a full refund. If cancelled by July 12th, 2021, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, February 12th, 2021.

Special Accommodations:

If you require special accommodations due to a disability, please contact Aric Bowie (aric.bowie.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

Presenters

William Brim, Psy.D. is the director of the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. He joined CDP in 2007, initially as a deployment behavioral health psychologist at Malcolm Grow Medical Center and served as deputy director until 2017. Prior to joining CDP, Dr. Brim served on active duty as a psychologist in the United States Air Force from 1997 to 2007.

Dr. Brim received his bachelor's degree in psychology from the University of Tennessee and his master's and doctorate degrees in clinical psychology from Nova Southeastern University in Fort Lauderdale, Florida. He is a graduate of the Wilford Hall Medical Center Psychology Residency Program and the Wilford Hall Clinical Health Psychology Post-Doctoral Fellowship Program.

The focus of Dr. Brim's clinical work, supervision and training is on deployment and redeployment-related mental health issues, specifically assessment and treatment of posttraumatic stress disorder and insomnia. Additionally, Dr. Brim focuses on health psychology clinical practice, the integration of mental health services in primary care and offers forensic psychology expert consultation and witness services.

Carin M. Lefkowitz, Psy.D., is a clinical psychologist and Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Lefkowitz earned her M.A. and Psy.D. in clinical psychology at Widener University, with a concentration in cognitive-behavioral therapy.



Prior to joining the CDP, she served as a psychologist at the Philadelphia VA Medical Center. In this capacity she provided individual and group psychotherapy with a focus on evidence-based treatments for PTSD and insomnia. She also served as a clinical supervisor to Vet Center clinicians, and psychology interns and practicum students at the Medical Center. Dr. Lefkowitz was a therapist on studies of evidence-based treatments for insomnia and traumatic nightmares, and coordinated the Medical Center's Cognitive Processing Therapy program.

Dr. Lefkowitz has published peer reviewed articles on prolonged exposure treatment for PTSD and innovative training options in sleep disorders. She maintains an adjunct instructor appointment with the Institute for Graduate Clinical Psychology at Widener University, and was previously an adjunct instructor in Chestnut Hill College's graduate psychology program and a Clinical Associate of the University of Pennsylvania's department of psychiatry.

Continuing Education

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 14 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. **There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued.** Inquiries regarding CE credits may be directed via email to aric.bowie.ctr@usuhs.edu.

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.