



# Assessment and Treatment of Sleep Disturbances in Military Populations: Circadian Rhythm Sleep-Wake Disorders (CRSWDs)

November 8, 2024

A Live, Interactive Webinar

## **Description:**

This half-day workshop builds on the foundation of sleep education provided in the 2-day Cognitive Behavioral Therapy for Insomnia (CBT-I) workshop. Detailed instruction on circadian rhythm physiology provides an understanding of contributors to both normative patterns and development of disorders. We then explore assessment specific to circadian rhythm disorders and introduce clinical interventions for the two most common in Service members: Delayed Sleep Wake Phase Disorder and Shift Work Disorder. Step-by-step guidance illustrated by examples underscore recommended techniques. Participants are expected to have attended the CBT-I workshop or have equivalent or greater training in CBT-I to complete this advanced course; for a review of sleep basics such as regulation and mechanisms, we recommend viewing the CDP Presents webinar recording “The Basics of Sleep: What Every Provider Needs to Know” This program content focuses on application of psychological assessment and intervention methods for treating suicidal patients that have consistent and credible empirical support in the scientific literature (Meyer et al, 2022; Doty et al, 2019; USA FM7-22, 2020; Ashbrook et al., 2020; Wilson et al., 2019).

Total CE Credits: 4

Total Contact Hours: 4

## **Learning Objectives:**

Following the training, attendees will be able to:

1. Differentiate between the behavioral, environmental, and physiological elements of circadian rhythms.
2. Evaluate whether patients meet diagnostic criteria for Circadian Rhythm Sleep-Wake Disorder subtypes.
3. Use recommended circadian rhythm measures to perform an assessment of sleep behavior
4. Plan a course of treatment for Delayed Sleep-Wake Phase Disorder incorporating Dim Light Melatonin Onset (DLMO) and minimum core body temperature.
5. Compare strategies for managing rapidly rotating shift work with strategies to address fixed or long-term rotating shift work.

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

**Instructional Content Level:** Intermediate



**Agenda:**

Check-in

9:45am – 10:00am

Introduction & Course Overview

10:00am – 10:30am

Review of Sleep in the Military

10:30am - 11:30am

Introduction to Circadian Rhythm Sleep-Wake Disorders

11:30am – 12:15pm

Assessment of Circadian Rhythm Sleep-Wake Disorders

12:15pm – 12:30pm

Break

12:30am – 2:00pm

Treatment of Circadian Rhythm Sleep-Wake Disorders

2:00pm – 2:15pm

End

**Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Non-instructional time includes a 15-minute break. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be accessible via CE21 within 30 days after all course requirements have been completed.

**American Psychological Association Sponsor Approval:**

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.

**Association of Social Work Boards Approved Continuing Education Provider Approval:**

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 4 Live, Interactive Webinar continuing education credits.



**New York State Education Department's State Board for Psychology Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

**New York State Education Department's State Board for Social Work Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Aric Bowie at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu).

**Participate:**

Online Platform: Zoom

**Date:** 11/8/24

**Time:** 10:00 am – 2:15 pm Eastern

Registration Information: Registration will be held via CE21, and can be found here:

<https://deploymentpsych.ce21.com/item/assessment-treatment-sleep-disturbances-military-populations-circadian-rhythm-sleepwake-disorders-crswds-129742>

Registration Deadline: Registration will close one hour before event start time.

**Cancellations/Questions:** Please contact [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** Price \$25

Registration fees will be refunded to participants who send a written cancellation via email to [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu) no less than 2 weeks before the training. No refunds will be made after the training.

**Instructional Format:** This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

**System Requirements:**

**Zoom:**

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

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

**Grievances:** For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu).

**Instructor Biographies:**



**Diana C. Dolan, PhD, CBSM, DBSM** is a clinical psychologist serving as an Assistant Director of Training & Education with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Dolan has served at CDP in several capacities since 2012, including in one role as the associate training director of an APA-accredited clinical psychology internship. She currently oversees programs that provide evidence-based training for military-connected patients on a variety of topics. She also develops and presents trainings, and provides consultation services.

Dr. Dolan graduated from the University of North Texas with a bachelor's degree in psychology and earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas. She completed a clinical psychology internship at Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. Dr. Dolan served as an active duty psychologist and is a veteran of the U.S. Air Force.

Dr. Dolan's professional interests include behavioral treatment of health conditions, in particular sleep disorders and within brief-natured primary care settings, clinical psychology training and program evaluation, and military psychology. She is certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine. She is also a diplomate in Behavioral Sleep Medicine from the Board of Behavioral Sleep Medicine.

**William Brim, Psy.D.**, is the executive 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.

Dr. Brim is a recognized and post-doctoral fellowship trained behavioral sleep medicine specialist. Clinically he focuses on the assessment and treatment of posttraumatic stress disorder and insomnia and the integration of behavioral health services in primary care settings. He is frequently called on to consult in courts martial and discharge boards as a forensic psychology expert. Dr. Brim is the American Psychological Association's Military Psychology division President-elect.

\*\*There is no commercial support or conflict of interest to report for these presenters.