



# **Cognitive Behavioral Therapy for Insomnia (CBT-I)**

4-5 February 2025

A Live, Interactive Webinar

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## **Description:**

This 2-day intermediate workshop will help behavioral healthcare providers to assess and treat insomnia using Cognitive Behavioral Therapy for Insomnia (CBT-I). We begin by discussing common problems military members have with sleep, as well as provide a foundation for understanding normal sleep (i.e., theories about why we sleep, how sleep is regulated, sleep architecture, and how sleep changes over the lifespan). The workshop utilizes this foundation of understanding normal sleep functioning to further clarify clinical problems, patients' experience, reviewing differential sleep diagnoses and available assessment tools. Next, we review the etiology of insomnia along with going over each step of the CBT-I protocol. We go over implementation strategies, different formats for CBT-I such as telehealth and group settings. Additionally, the workshop reviews different cultural and clinical adaptations to treatment that can help improve outcomes with diverse populations. During the workshop we will use experiential and interactive elements to develop practical skills for using assessment tools like a sleep diary, questions for a sleep specific interview, stimulus control, sleep restriction, and cognitive therapy. This workshop focuses on clinical practice by application of assessment and intervention methods for both individuals and group members experiencing insomnia that have consistent and credible empirical support in the literature (i.e., Crowther et al., 2023; Gao et al., 2022, Nielson et al., 2023, Mellor et al., 2022; Tighe et al., 2023).

Total CE Credits: 14.0

Total Contact Hours: 14.0

## **Learning Objectives:**

1. Distinguish Insomnia Disorder from Insufficient Sleep Syndrome.
2. Differentiate the roles of process S (Homeostatic Sleep Drive) and process C (Circadian Rhythm) in regulating sleep.
3. Analyze the differences in sleep architecture between individuals with and without insomnia
4. Demonstrate interview skills specific to conducting a sleep assessment.
5. Formulate an individualized case conceptualization (including 3 P model) of insomnia for military patients.
6. Integrate subjective sleep measures for CBT-I treatment decisions with patients.
7. Evaluate the negative effects of hyperarousal (physical, cognitive, emotional) on sleep.
8. Calculate a patient's sleep efficiency using data from sleep diaries.



9. Apply principles of stimulus control to patients with insomnia.
10. Create new bedtime and waketime schedules for patients using sleep restriction principles.
11. Appraise the role of CBT-I in cases of insomnia with co-morbidities.
12. Modify techniques in a theoretically consistent manner to improve the accessibility and clinical outcomes for specific patients

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

**Instructional Content Level:** Intermediate

**Agenda: (all times Eastern)**

Day One		
Check-in	9:45 AM	10:00 AM
Introduction & Course Overview	10:00 AM	10:15 AM
Military Aspects of Sleep	10:15 AM	10:45 AM
Overview of Normal Human Sleep	10:45 AM	1:00 PM
<i>Includes 15 Minute Break</i>		
Insomnia: Diagnosis & Etiology	1:00 PM	2:00 PM
Lunch Break	2:00 PM	3:00 PM
Session 1:	3:00 PM	6:30 PM
Assessment of Sleep Disturbance		
<i>Includes 15 Minute Break</i>		
Day Two		
Check-in	9:45 AM	10:00 AM
Session 2-4:	10:00 AM	2:00 PM
Stimulus Control		
Sleep Restriction		
Sleep Hygiene		



Relaxation Training		
<i>Includes 15 Minute Break</i>		
Lunch Break	2:00 PM	3:00 PM
Session 5-8:	3:00 PM	6:15 PM
Cognitive Techniques		
Relapse Prevention		
Other Topics:		
Treating Comorbidities and other Considerations		
Group CBT-I		
Cultural and Comorbidity Adaptations		
Case Conceptualization Exercise		
<i>Includes 15 Minute Break</i>		
Wrap-Up and Q&A	6:15 PM	6:30 PM

**Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. 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 available for download via the registration system 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 14.0 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.ectr@usuhs.edu](mailto:aric.bowie.ectr@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** 4-5 February 2025

**Time:** 10:00 a.m. – 6:30 p.m. Eastern Time

**Registration Information:** <https://deploymentpsych.org/training>

**Registration Deadline:** Registration will close one week prior to the start date or when training capacity is met.

**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:** This training is free for those with a .mil email address and \$45.00 for all others. 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.

**Required Materials:** None

**Location Information:** Online via Zoom

**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:**

**Amanda McCabe, Psy.D.**, is a Military Behavioral Health Psychologist with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she develops and presents trainings on a variety of evidence based therapies. Prior to the CDP, Dr. McCabe served as a clinical psychologist in the Army from 2013 to 2024.

Dr. McCabe received her bachelor's degree in psychology from Texas A&M University and her masters and doctorate degrees in clinical psychology from Pacific University in Portland, Oregon. She graduated from the clinically psychology internship and residency program at Tripler Army Medical Center. Later, she completed a fellowship at Brooke Army Medical Center's Trauma and Health Care Administration Fellowship Program.

The focus of Dr. McCabe's clinical work, supervision, and training is on trauma, whether military related or generalized. Dr. McCabe also focuses on treating anxiety disorders and sleep disorders. Due to her 11 years in the Army, Dr. McCabe has extensive experience in how these diagnoses can impact one's military profession and the complexities of treatment while active duty.

**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.

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