



Cognitive Behavioral Therapy for Nightmares (CBT-N)

May 28, 2026

A Live, Interactive Webinar

Description:

The experience of a traumatic event and resulting negative effects are a significant public health concern. Of the many effects of trauma, sleep disturbances may be among the most persistent, pervasive, and pernicious. Cognitive Behavioral Therapy for Nightmares (CBT-N) is an empirically supported psychological intervention developed to target trauma-related sleep disturbances. During this presentation, attendees will receive information about common nighttime disturbances and learn how to distinguish them from trauma-related nightmares. Assessment considerations and treatment components will be described in depth. Options for consultation will be reviewed.

Total CE Credits:7

Total Contact Hours:7

Learning Objectives:

Following the training, attendees will be able to:

1. Identify common sleep disorders and differentiate nightmares from other sleep disturbances
2. Describe key treatment components of CBT-N.
3. Discuss modifications of CBT-N for unique populations

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

Instructional Content Level: Intermediate

Agenda:



<u>CBT-N Agenda</u>	
<u>9:00 – 9:10</u>	Introduction, Program Overview, & Orientation to Materials
<u>9:10 – 9:45</u>	Understanding Nightmares
<u>9:45 – 10:30</u>	Assessment
<u>10:30 – 10:45</u>	<u>15 min Break</u>
<u>10:45 – 11:00</u>	Understanding Trauma
<u>11:00 – 11:45</u>	Treatment Introduction Session 1
<u>11:45-12:30</u>	<u>Lunch Break</u>
<u>12:30 – 1:00</u>	Session 2
<u>1:00 – 2:00</u>	Session 3
<u>2:00 – 2:45</u>	Session 4
<u>2:45-3:00</u>	15 min Break
<u>3:00 – 3:30</u>	Breakout
<u>3:30– 4:00</u>	Session 4 Wrap Up
<u>4:00 – 4:45</u>	Session 5 Session 6
<u>4:45 – 5:00</u>	Consultation and Final Wrap up

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 distributed to participants 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, 2025 – May 19, 2028. Social workers completing this course receive 7 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 William Tiwari at william.tiwari.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: May 28, 2026

Time: 9:00 am – 5:30 pm Eastern

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

Registration Deadline: One week prior to the start of the class or when registration meets capacity.

Cancellations/Questions: Please contact william.tiwari.ctr@usuhs.edu if you have any questions or need to cancel your registration.



Registration Cost/Refunds: 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 William Tiwari at William.Tiwari.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, via email at Amanda.Stanley.ctr@usuhs.edu.

Instructor Biographies:

Joanne L. Davis, Ph.D. is a Professor of Psychology at The University of Tulsa, Director of Clinical Training, Director of the Trauma Research: Assessment, Prevention, and Treatment Center, and Co-Director of The University of Tulsa Institute of Trauma, Adversity, and Injustice. Dr. Davis' research focuses on the treatment of nightmares and sleep problems in trauma-exposed individuals as well as on prevention efforts regarding the prevalence and impact of interpersonal trauma. She is the developer of a cognitive behavioral treatment targeting nightmares and sleep problems, Exposure, Relaxation, and Rescripting Therapy, and has conducted research to evaluate its efficacy for the past 24 years.

Rachel Micol Ph.D. is a licensed psychologist and owner of Collaborative Psychology Center, LLC, where she provides evidence-based assessment and treatment for posttraumatic stress, sleep disturbances, anxiety, and related conditions. She completed her doctoral training at the University of Tulsa and advanced clinical training at the VA Boston Healthcare System, specializing in PTSD and trauma recovery.

Dr. Micol's clinical and research background centers on trauma-related disturbances, including nightmares, with experience in both clinical trials and real-world implementation of treatments such as CBT-Nightmares (CBT-N) and other cognitive-behavioral approaches. She is passionate about bridging the gap between research and practice by disseminating evidence-based treatments in accessible, practical ways. Her work emphasizes increasing provider competence and confidence in delivering interventions like CBT-N, with the broader goal of reducing the burden of trauma-related symptoms and improving functional recovery for service



members, veterans, and civilians alike.

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