



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

- 0900 - 0915 Check-in
- 0915 - 0930 Introduction & Course Overview
- 0930 - 1000 Military Aspects of Sleep
- 1000 - 1215 Overview of Normal Human Sleep
- 1215 - 1315 Insomnia: Diagnosis & Etiology
- 1315 - 1415 Lunch Break
- 1415 - 1745 Assessment of Sleep Disturbance

Day Two

- 0900 - 0915 Check-in
- 0915 - 1245 Cognitive Behavior Therapy for Insomnia
- 1245 - 1345 Lunch Break
- 1345 - 1730 Cognitive Behavior Therapy for Insomnia
- 1730 - 1745 Post Training Eval

Thursday, July 30th, 2020 – Friday, July 31st, 2020. 0900 – 1745 pm (ET) each day.

Location Information

This training will be hosted via Second Life Virtual World in CDP's virtual presentation room, which can be found using the following SLURL (Second Life URL):

<http://maps.secondlife.com/secondlife/CDP%20Prime/128/207/32>

*Please note that visitors must be granted access before visiting the training location.

If you are unfamiliar with Second Life, we HIGHLY recommend watching these [brief orientation videos](#) we have created to introduce Second Life to new participants. Full attendance on both days is required. We will take attendance manually at the start, end and throughout the workshop. Attendees must participate using a separate computer rather than joining a group of people viewing via one machine to acquire credit for attendance. To be successful in a course offered through Second Life, participants will need to complete multiple steps before the start of training. Step-by-step technical support is provided within the course itself, and trained staff are available to assist as needed.

1. Have or create a Second Life account
2. Download the Second Life Viewer application
3. Attend a MANDATORY CDP Open House for proficiency in Second Life. Sign-up is part of registration.



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.

Participants are also required to attend one of the pre-event "Open Houses" held online in Second Life, unless they have previously attended a CDP-led training in Second Life. This is to ensure that participants can successfully log into Second Life, enter the training space, hear the presenter and speak with them via their computer's microphone. Participants will not need to attend for the entire "open house," just a portion of the two-hour window. Failure to attend one of the Open Houses will result in being disenrolled from the training.

The scheduled times for the open houses are as follows:

- Monday, 20 July, 7-9 p.m. Eastern
- Wednesday, 22 July, 1-3 p.m. Eastern
- Friday, 24 July, 10am-12 Noon Eastern
- Monday, 27 July, 2-4 p.m. Eastern

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-life-59712>

For CDP Sleep Curriculum registrants: No action is necessary. Your registration has been completed as part of your sleep curriculum registration.

Public Registration Fee: \$45

Refund Policy:

Registration fees will be refunded to participants who send a written cancellation via email to abowie@deploymentpsych.org, or cadams@deploymentpsych.org. If cancelled by July 13th, 2020, registrants can receive a full refund. If cancelled by July 22nd, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, July 22nd, 2020.



Special Accommodations:

If you require special accommodations due to a disability, please contact Aric Bowie (abowie@deploymentpsych.org) 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.

Diana C. Dolan, Ph.D., CBSM is a clinical psychologist serving as a Senior Military Behavioral Health Psychologist with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she develops and presents trainings on a variety of EBPs and deployment-related topics, 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 is a veteran of the U.S. Air Force. As an active duty psychologist, she served as chief, Primary Care Psychology at Lackland AFB, Texas, overseeing integrated behavioral health services in primary care. She was also responsible for overseeing the base post-deployment health reassessment program. Prior to her current position, she was a deployment behavioral health psychologist with CDP and the associate training director for the clinical psychology internship at Wilford Hall.

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.

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 at abowie@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.