



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

- 1100 - 1115 Check-in
- 1115 - 1130 Introduction & Course Overview
- 1130 - 1200 Military Aspects of Sleep
- 1200 - 1415 Overview of Normal Human Sleep
- 1415 - 1515 Insomnia: Diagnosis & Etiology
- 1515 - 1615 Lunch Break
- 1615 - 1945 Assessment of Sleep Disturbance

Day Two

- 1100 - 1115 Check-in
- 1115 - 1445 Cognitive Behavior Therapy for Insomnia
- 1445 - 1545 Lunch Break
- 1545 - 1930 Cognitive Behavior Therapy for Insomnia
- 1930 - 1945 Post Training Eval

Monday, November 9th, 2020 – Tuesday, November 10th, 2020. From 1100 – 1945 pm (ET).

Location Information

This training will be held online via **Zoom Video Communications**.

Monday, November 9th, 2020 from 1100 ET - 1945 ET
Tuesday, November 10th, 2020 from 1100 ET - 1945 ET

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-55449>

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

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 October 26th, 2020, registrants can receive a full refund. If cancelled by November 2nd, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, November 2nd, 2020. Attendees who do not attend any of the four scheduled open houses will not be available for refunds.

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

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.

Timothy Rogers, PhD., is currently employed by the Henry Jackson Foundation as a Senior Military Internship Behavioral Health Psychologist for the Uniformed Services University Center for Deployment Psychology assigned to the 59th Mental Health Flight, Wilford Hall Ambulatory Surgical Center (WHASC), Lackland AFB, TX. He serves as the Associate Program Director for the Clinical Psychology Internship at WHASC and is responsible for supervision and training of psychology interns with a focus on deployment related issues.

Dr. Rogers received his Ph.D. in 2009 in Counseling Psychology at the University of Akron. He completed his Clinical Psychology Residency at Wilford Hall Medical Center and served over six years as an active duty psychologist before separating in the Summer of 2014. While on active duty, he was Chief, Behavioral Health for Holloman AFB, Chief ADAPT Element for Randolph AFB and has served as interim/deputy Flight Commander at both Holloman and Randolph AFB. Research interests include help-seeking behaviors, PTSD and insomnia treatment, and training in health service psychology. Dr. Rogers currently serves as an APA accreditation site visitor for DoD and VA Clinical Psychology Internships.

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.