



Restoring Rest: Helping Kids and Teens Navigate Sleep Through Life's Transitions and Stresses

10/15/2025

A Live, Interactive Webinar

Description:

In this 90-minute webinar, participants will learn more about evidence-based sleep interventions and their potential applications for improving sleep health in youth ages 6-17. The session will explore the impact of poor sleep and nightmares on psychological well-being and development, as well as strategies for adapting sleep interventions to meet the unique needs of children and adolescents. Additionally, the session will present a model for understanding the mechanisms through which sleep interventions may enhance emotional regulation during transitions (e.g., a parent's deployment) or stressful times (e.g., holidays). Participants will also review research findings on sleep interventions when there are co-occurring mental health concerns. Attendees will leave with practical knowledge of effective adaptations of sleep interventions for youth to implement successfully into clinical practice.

Total CE Credits: 1.5

Total Contact Hours: 1.5

Learning Objectives:

Following the training, attendees will be able to:

1. Describe key evidence-based sleep interventions and their adaptation for pediatric populations.
2. Identify a strategy for integrating sleep interventions into clinical practice with youth.

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

Instructional Content Level: Introductory

Agenda:

Agenda for CDP Presents Webinar

Webinar room prep and Lobby time	11:30 am - 12:00 PM
Welcome to CDPP and Speaker Intro	12:00 pm - 12:05 PM
Speaker Presents	12:05 pm - 1:25 PM
Question and Answer	1:25 pm - 1:30 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 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 – August 31, 2025. Social workers completing this course receive 1.5 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 Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 10/15/2025

Time: 12:00 – 1:30 PM Eastern



Registration Information: Registration is done through event management system CE21, links will be provided to prospective attendees.

Registration Deadline: Registration for this training closes one week prior to the training date.

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

Location Information: Participants will login to the webinar via the CE21 account using the green launch webinar button.

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 Jeremy Karp at jeremy.karp.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

Instructor Biographies:

Lisa DeMarni Cromer, PhD

Dr. Lisa Cromer is a first generation high school and college graduate. She is a licensed clinical psychologist and Professor of Psychology at The University of Tulsa (TU). She is executive director of TU's Institute of Trauma, Adversity, and Injustice (TITAN), and Director of the Historical Trauma and Transformation minor at TU. Dr. Cromer is on the editorial board of the Journal of Psychological Trauma. She was a recipient of APA's Award for Outstanding Early Career Achievement in Trauma Psychology and TU's Medicine Wheel Award for community service. Dr. Cromer's research interests are focused on promoting resilience through healthy sleep, and on understanding how people and cultures are impacted by, and thrive despite, historical trauma.

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