



## **Assessment and Treatment of Sleep Disturbances in Military Populations: Circadian Rhythm Sleep-Wake Disorders (CRSWDs)**

This half-day workshop builds on the foundation of sleep education provided in the 2-day Cognitive Behavioral Therapy for Insomnia (CBT-I) workshop. Detailed instruction on circadian rhythm physiology provides an understanding of contributors to both normative patterns and development of disorders. We then explore assessment specific to circadian rhythm disorders and introduce clinical interventions for the two most common in Service members: Delayed Sleep Wake Phase Disorder and Shift Work Disorder. Step-by-step guidance illustrated by examples underscore recommended techniques.

**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. Differentiate the elements of behavioral, environmental, and physiological circadian rhythms.
2. Assess whether patients meet diagnostic criteria for Circadian Rhythm Sleep-Wake Disorder subtypes.
3. Perform an assessment of sleep behavior that utilizes recommended circadian rhythm measures.
4. Plan a course of treatment for Delayed Sleep-Wake Phase Disorder incorporating Dim Light Melatonin Onset (DLMO) and minimum core body temperature.
5. Manage rapidly rotating shift work with strategies to address fixed or long term rotating shift work.



## Agenda

- 1000 – 1030 Introduction & Course Overview
- 1030 – 1045 Review of Sleep in the Military
- 1045 – 1130 Introduction to Circadian Rhythm Sleep-Wake Disorders
- 1130 – 1230 Assessment of Circadian Rhythm Sleep-Wake Disorders
- 1230 – 1245 Break
- 1245 – 1415 Treatment of Circadian Rhythm Sleep-Wake Disorders

Thursday, September 15th, 2020, from 10:00 am – 2:15 pm (ET).

## Location Information

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This training will be hosted via Zoom conferencing software. The training room can be accessed by logging onto the online classroom, CE21:

<https://deploymentpsych.ce21.com/Account/Login>

## Participate

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**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-circadian-rhythm-sleepwake-disorders-52553>

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

**Cost/Refunds:**

**Public Registration Fee:** \$20

**Refund Policy:**

Registration fees will be refunded to participants who send a written cancellation via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org) no less than ten business days before the training. No refunds will be made after the training.

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Aric Bowie ([abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org)) 4 weeks prior to the training so that we may provide you with appropriate service.

## Presenters

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**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 Walter Hall. Dr. Lorian'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 4 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. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org).

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.