



# **Assessment and Treatment of Sleep Disturbances in Military Populations: Cognitive-Behavioral Therapy for Insomnia (CBT-I)**

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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 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:

- Articulate the prevalence of insomnia experienced by military personnel.
- Teach patients the Two-Process (Homeostatic & Circadian) Model of Sleep.
- Evaluate the four stages of sleep.
- Perform sleep-focused differential assessment.
- Plan an appropriate course of CBT-I treatment based on individualized case conceptualization.
- Incorporate recommended subjective sleep measures into assessment.
- Discriminate between subtypes of insomnia and the symptoms associated with such sleep disturbance.
- Communicate basic sleep principles and sleep hygiene to patient using psychoeducation.
- Score a patient's baseline sleep log including calculations of sleep efficiency.
- Apply principles of stimulus control to patients with insomnia.
- Calculate sleep data to prescribe bedtime and wake time schedule using sleep restriction.
- Recommend strategies for implementing individual and group CBT-I.
- Employ adaptations of standard cognitive approaches to patients with insomnia.
- Justify the role of CBT-I in cases of insomnia with co-morbidities.



## AGENDA

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<b>Day One</b>	
Check-in	1100 - 1115
Introduction & Course Overview	1115 - 1130
Military Aspects of Sleep	1130 - 1200
Overview of Normal Human Sleep	1200 - 1415
Insomnia: Diagnosis & Etiology	1415 - 1515
Lunch Break	1515 - 1615
Assessment of Sleep Disturbance	1615 - 1945
<b>Day Two</b>	
Check-in	1100 - 1115
Cognitive Behavior Therapy for Insomnia	1115 - 1445
Lunch Break	1445 - 1545
Cognitive Behavior Therapy for Insomnia	1545 - 1930
Post Training Eval	1930 - 1945

## Location Information

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This training will be hosted via Second Life Virtual World in CDP's virtual presentation room.

Tuesday, February 18<sup>th</sup>, 2020 – Wednesday, February 19<sup>th</sup>, 2020 from 11:00 am – 7:45 pm (ET).



## 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-populations-cognitivebehavioral-therapy-insomnia-cbti-52391>

**Cost/Refunds:** Price: \$45

Registration fees will be refunded to participants who send a written cancellation via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org), or [cadams@deploymentpsych.org](mailto:cadams@deploymentpsych.org). If cancelled more than two weeks prior to the training, registrants can receive a full refund. If cancelled more than one week prior, registrants can receive a partial refund. Refunds will not be available for cancellations less than one week prior to the training. 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 ([abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org)) 4 weeks prior to the training so that we may provide you with appropriate service.



## Presenter

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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 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**

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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. 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.