



Cognitive Behavioral Therapy for Nightmares: Training in a Consensus Protocol

5/6/2025

A Live, Interactive Webinar

Description:

Nightmares are a significant but treatable health condition that impact psychological health. Nightmares are commonly reported following trauma and often remain following successful treatment of PTSD. In 2018, the American Academy of Sleep Medicine position paper for the treatment of nightmare disorder in adults recommended to varying degrees various cognitive behavioral treatments for nightmares. Recently, nightmares experts have convened to develop a consensus approach and new treatment manual called Cognitive Behavioral Therapy for Nightmares (CBT-N). This institute will provide foundational understanding of normal sleep, assessment of sleep disorders, and guidance on how to implement CBT-N in clinical practice. Participants will receive in-depth training based on the CBT-N manual, presenting case examples, providing handouts, and incorporating video demonstrations as well as audience exercises to reinforce learning.

Total CE Credits: 7

Total Contact Hours: 7

Learning Objectives:

Following the training, attendees will be able to:

1. Assess for sleep disorders with an emphasis on nightmares and insomnia.
2. Evaluate cases to determine which are appropriate for treatment with CBT for nightmares.
3. Integrate stimulus control and sleep hygiene into treatment for individuals with nightmares.
4. Use relaxation training when working with individuals with nightmares.
5. Explain the rationale for, and how to implement, exposure to nightmare content for individuals with nightmares.
6. Formulate strategies for implementing nightmare rescription with individuals with nightmares.
7. Use imagery rehearsal when working with individuals with nightmares.

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

Instructional Content Level: Advanced



Agenda:

Webinar room prep and Lobby time	8:30 AM - 9:00 AM
Welcome to CDPP and Speaker Intro	9:00 AM - 9:05 AM
Speaker Presents	9:05 AM - 12:00 PM
Lunch	12:00 PM - 1:00 PM
Speaker Presents	1:00 PM - 5:25 PM
Question and Answer	5:25 PM - 5:30 PM

**Seven hours of instruction time with two 15-minute breaks as needed

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 available via CE21 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 – May 19, 2025. Social workers completing this course receive 7 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: 5/6/2025

Time: 9:00 am – 5:30 pm Eastern

Registration Information: <https://deploymentpsych.org/training>

Registration Deadline: One week prior to the start of the class or when registration meets capacity.

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

cancel your registration.

Registration Cost/Refunds: Free for those with a .mil email address. \$20 for all others. Refunds will be authorized if registration is cancelled within 2 weeks prior to the class start.

Location Information: Online via Zoom

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 Stanely-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.



Instructor Biographies:

Courtney Bolstad, PhD, DBSM, is a licensed clinical psychologist specializing in geropsychology and behavioral sleep medicine, particularly the study and treatment of nightmares and other parasomnias. She is currently an Advanced Fellow in Geriatrics at the Birmingham/Atlanta Geriatric Research Education and Clinical Center (GRECC) at the Birmingham VA Health Care System. Dr. Bolstad received her PhD from Mississippi State University after completing her doctoral internship at the Birmingham VA Health Care System. She then completed a clinical geropsychology fellowship at the South Texas Veterans Healthcare System. She has a Diplomate in Behavioral Sleep Medicine (DBSM), a nationally recognized credential awarded by the Board of Behavioral Sleep Medicine. Dr. Bolstad has over 25 peer-reviewed manuscripts published in recognized journals within the fields of psychology, sleep medicine, and geriatrics. In her clinical work, she has Provider Status in both Cognitive Processing Therapy for PTSD and Cognitive Behavioral Therapy for Nightmares (CBT-N). She provides training and consultation to other licensed providers implementing CBT-N.

Joanne L. Davis, Ph.D. is a Professor of Psychology at The University of Tulsa, Director of Clinical Training, Director of the Trauma Research: Assessment, Prevention, and Treatment Center, and Co-Director of The University of Tulsa Institute of Trauma, Adversity, and Injustice. Dr. Davis' research focuses on the treatment of nightmares and sleep problems in trauma-exposed individuals as well as on prevention efforts regarding the prevalence and impact of interpersonal trauma. She is the developer of a cognitive behavioral treatment targeting nightmares and sleep problems, Exposure, Relaxation, and Rescripting Therapy, and has conducted research to evaluate its efficacy for the past 24 years.

Kristi Pruiksma, PhD is an Associate Professor and licensed clinical psychologist in the Department of Psychiatry and Behavioral Sciences at The University of Texas Health Science Center at San Antonio. She is a Diplomat of Behavioral Sleep Medicine. Her clinical and research work focuses on evidence-based treatments for sleep disorders and posttraumatic stress disorder (PTSD) with a focus on active duty military personnel. Her work is primarily in affiliation with the STRONG STAR Consortium.

**** The presenters have the following disclosures:** Dr. Kirsti Pruiksma is a DoD Grant recipient for Web-Based Provider Training for Cognitive Behavioral Therapy for Nightmares. Dr. Joanne Davis received royalty from Springer Publishing. Dr. Bolstad has no commercial support or conflict of interest to report.