



Cognitive Behavioral Therapy for Insomnia Workshop

May 7-8, 2024

A Live, Interactive Webinar

Description:

This 2-day intermediate workshop will help behavioral healthcare providers to assess and treat insomnia using Cognitive Behavioral Therapy for Insomnia (CBT-I). We begin by discussing common problems military members have with sleep, as well as provide a foundation for understanding normal sleep (i.e., theories about why we sleep, how sleep is regulated, sleep architecture, and how sleep changes over the lifespan). The workshop utilizes this foundation of understanding normal sleep functioning to further clarify clinical problems patients experience, reviewing differential sleep diagnoses and available assessment tools. Next, we review the etiology of insomnia along with going over each step of the CBT-I protocol. We go over implementation strategies and different formats for CBT-I such as telehealth and group settings. During the workshop we will use experiential and interactive elements to develop practical skills for using assessment tools like a sleep diary, questions for a sleep specific interview, stimulus control, sleep restriction, and cognitive therapy. This workshop focuses on clinical practice by application of assessment and intervention methods for both individuals and group members experiencing insomnia that have consistent and credible empirical support in the literature (i.e., Zhou et al., 2020; Department of Veteran Affairs & Department of Defense, 2019; Moore et al., 2021; Lui et al., 2020; Hertenstein et al., 2022).

Total CE Credits: 14

Total Contact Hours: 14

Learning Objectives:

Following the training, attendees will be able to:

1. Distinguish Insomnia Disorder from Insufficient Sleep Syndrome.
2. Differentiate the role of process S (Homeostatic Sleep Drive) and process C (Circadian Rhythm) in regulating sleep.
3. Analyze the differences in sleep architecture between individuals with and without insomnia
4. Demonstrate interview skills specific to conducting a sleep assessment.
5. Formulate an individualized case conceptualization (including 3 P model) of insomnia for military patients.
6. Integrate subjective sleep measures for CBT-I treatment decisions with patients.
7. Evaluate the negative effects of hyperarousal (physical, cognitive, emotional) on sleep.
8. Calculate a patient's sleep efficiency using data from sleep diaries.
9. Apply principles of stimulus control to patients with insomnia.
10. Create new bedtime and waketime schedules for patients using sleep restriction principles.
11. Evaluate the use of cognitive therapy approaches in treating patients with insomnia.
12. Appraise the role of CBT-I in cases of insomnia with co-morbidities.



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

Instructional Content Level: Intermediate

Agenda:

Day One

Check-in	9:00 AM	9:15 AM
Introduction & Course Overview	9:15 AM	9:30 AM
Military Aspects of Sleep	9:30 AM	10:00 AM
Overview of Normal Human Sleep <i>Includes 15 Minute Break</i>	10:00 AM	12:15 PM
Insomnia: Diagnosis & Etiology	12:15 PM	1:15 PM
Lunch Break	1:15 PM	2:15 PM
Session 1: Assessment of Sleep Disturbance <i>Includes 15 Minute Break</i>	2:15 PM	5:45 PM

Day Two

Check-in	10:45 AM	11:00 AM
Session 2-4: Stimulus Control Sleep Restriction Sleep Hygiene Relaxation Training <i>Includes 15 Minute Break</i>	11:00 AM	2:30 PM
Lunch Break	2:30 PM	3:30 PM
Session 5-8: Cognitive Techniques Relapse Prevention Other Topics: Treating Comorbidities and other Considerations Group CBT-I Case Conceptualization Exercise <i>Includes 15 Minute Break</i>	3:30 PM	7:15 PM
Wrap-Up and Q&A	7:15 PM	7:30 PM

*Please note that agenda times are approximate and subject to change, depending on the needs of the workshop.



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 to download on 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 14 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 Jeremy Karp at jeremy.karp.ctr@usuhs.edu

Participate:

Online Platform: Zoom

Date: 5/7-8/2024

Time: 9:00 am – 5:30 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.

Registration fees will be refunded to participants who send a written cancellation via email to jeremy.karp.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

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

Registration Cost/Refunds: The cost of this training is \$45.

Registration fees will be refunded to participants who send a written cancellation via email to jeremy.karp.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

Location Information: This training will be held in Zoom, Zoom links will be accessible on CE21.

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:

Diana C. Dolan, PhD, CBSM, DBSM is a clinical psychologist serving as an Assistant Director of Training & Education with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Dolan has served at CDP in several capacities since 2012, including in one role as the associate training director of an APA-accredited clinical psychology internship. She currently oversees programs that provide evidence-based training for military-connected patients on a variety of topics. She also develops and presents trainings, 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 served as an active duty psychologist and is a veteran of the U.S. Air Force.

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. She is also a diplomate in Behavioral Sleep Medicine from the Board of Behavioral Sleep Medicine.

Carin M. Lefkowitz, Psy.D., is a clinical psychologist and Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Lefkowitz earned her M.A. and Psy.D. in clinical psychology at Widener University, with a concentration in cognitive-behavioral therapy.

Prior to joining the CDP, she served as a psychologist at the Philadelphia VA Medical Center. In this capacity she provided individual and group psychotherapy with a focus on evidence-based treatments for PTSD and insomnia. She also served as a clinical supervisor to Vet Center clinicians, and psychology interns and practicum students at the Medical Center. Dr. Lefkowitz was a therapist on studies of evidence-based treatments for insomnia and traumatic nightmares, and coordinated the Medical Center's Cognitive Processing Therapy program.

Dr. Lefkowitz has published peer reviewed articles on prolonged exposure treatment for PTSD and innovative training options in sleep disorders. She is an Assistant Professor in the Department of



Medical and Clinical Psychology at USUHS and maintains an adjunct instructor appointment with the Institute for Graduate Clinical Psychology at Widener University. She was previously an adjunct instructor in Chestnut Hill College's graduate psychology program and a Clinical Associate of the University of Pennsylvania's department of psychiatry.

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