



# An Overview of Sleep Disorders Common in Military Members

## Recorded Asynchronous Distance

### **Description:**

In this training participants will gain an understanding of common sleep disorders and sleep-related problems for military members. The presentation focuses on providing strategies to enhance the ability of mental health providers to assess, refer, and identify evidence-based treatments for the top two sleep disorders in military populations.

**Instructional Format:** This course is a pre-recorded webinar that is available on the Center for Deployment Psychology's website. The participant will watch the full recorded video and take an online post-test

Total CE Credits: 2

Total Contact Hours: 2

### **Learning Objectives:**

Following the training, attendees will be able to:

1. Integrate appropriate screening measures into the assessment of Insomnia and Obstructive Sleep Apnea
2. Distinguish between patients who do and do not require a referral to a primary care doctor and/or sleep specialist for sleep concerns.

**Course Creation Date:** 2/16/24

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

**Instructional Content Level:** Introductory

### **Agenda:**

0h:0m – Begin Overview of Sleep Disorders

Military and sleep

Assessment of sleep-wake disorders

Breathing related sleep disorders

Insomnia

Case exercise



2h:3m – End Overview of Sleep Disorders

**Continuing Education:**

**Course Completion Requirements:** Participants are required to *watch the full recording*, pass the post-test with a 75% or greater score, and complete the post-training evaluation to obtain CE credit. Participants are required to complete the entire training curriculum. Attendance is monitored via the recording's view progress and recorded completion of the post-test. 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-registration to complete all CE requirements. CE Credit Certificates will be made available in the learning management system upon completion after all course requirements have been completed.

Participants are given three opportunities to pass the post-test. Credits will not be given if participants cannot pass with a 75% or greater score after three attempts at the post-test.

**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 2 Live, Recorded 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 [cdp-certificate-ggg@usuhs.edu](mailto:cdp-certificate-ggg@usuhs.edu).



**Participate:**

**Course Website:** [https://deploymentpsych.org/certificate\\_program\\_homestudy](https://deploymentpsych.org/certificate_program_homestudy)

Course recording will be available via the Panopto video hosting website. Post-test and post-training evaluation will be accessible via SurveyMonkey.

**Registration Information:** Registration will be through the CDP website, at [https://deploymentpsych.org/certificate\\_program\\_homestudy](https://deploymentpsych.org/certificate_program_homestudy)

**Registration Deadline:** This course is on-demand and will be readily available.

**Cancellations/Questions:** Please contact the CDP Certificate Program Team, at [cdp-certificate-ggg@usuhs.edu](mailto:cdp-certificate-ggg@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** Free

**Required Materials:** None

**System Requirements:** To take the course, participants will require a computer with a high-speed Internet connection (Cable modem/fiber optic) and an updated modern web browser, such as Chrome, Firefox, Safari, etc.

**Special Accommodations:** If you require special accommodations due to a disability, please contact the CDP Certificate Program Team, at [cdp-certificate-ggg@usuhs.edu](mailto:cdp-certificate-ggg@usuhs.edu).

**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](mailto:amanda.stanley-hulsey.ctr@usuhs.edu).

**Instructor Biography:**

**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.



\*\*There is no commercial support or conflict of interest to report for this presenter.