



## **Online Tier Three (CBT-I) 26-27 January 2021**

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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:

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



**Star Behavioral Health Providers  
Tier Three (CBT-I) Training  
January 26-27, 2021**

**Agenda**

**DAY ONE**

0900 – 0915 Check-In  
0915 – 0930 Introduction & Course Overview  
0945 – 1015 Military Aspects of Sleep  
1015 – 1030 Overview of Normal Human Sleep  
1030 – 1130 Insomnia: Diagnosis & Etiology  
**1130 – 1230 Lunch**  
1230 – 1730 Assessment of Sleep Disturbance  
1730 Adjourn

**DAY TWO**

0900 – 0915 Check-In  
0915 – 1230 Cognitive Behavior Therapy for Insomnia  
**1230 – 1330 Lunch**  
1330 – 1715 Cognitive Behavior Therapy for Insomnia  
1715 – 1730 Post Training Evaluation  
1730 Adjourn



## Location Information

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**Location Platform: Zoom**

**Date:** January 26-27, 2021

**Time:** 9:00am – 5:30pm Eastern

## Participate

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**Registration Information:**

<https://militaryfamily.secure.force.com/Tier3RegistrationForm?sState=Online>

**Cost/Refunds:** Free

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Chris Myers at [christina.myers.ctr@usuhs.edu](mailto:christina.myers.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

**Note:**

A functioning microphone is also **MANDATORY** to attend this training, to allow for participation in role-play sessions.



## Presenters

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**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.

**Timothy Rogers, PhD.** is currently employed by the Henry Jackson Foundation as a Senior Military Internship Behavioral Health Psychologist for the Uniformed Services University Center for Deployment Psychology assigned to the 59th Mental Health Flight, Wilford Hall Ambulatory Surgical Center (WHASC), Lackland AFB, TX. He serves as the Associate Program Director for the Clinical Psychology Internship at WHASC and is responsible for supervision and training of psychology interns with a focus on deployment related issues.

Dr. Rogers received his Ph.D. in 2009 in Counseling Psychology at the University of Akron. He completed his Clinical Psychology Residency at Wilford Hall Medical Center and served over six years as an active duty psychologist before separating in the Summer of 2014. While on active duty, he was Chief, Behavioral Health for Holloman AFB, Chief ADAPT Element for Randolph AFB and has served as interim/deputy Flight Commander at both Holloman and Randolph AFB. Research interests include help-seeking behaviors, PTSD and insomnia treatment, and training in health service psychology. Dr. Rogers currently serves as an APA accreditation site visitor for DoD and VA Clinical Psychology Internships.



## **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. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu).

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.