



# **Cognitive Behavioral Therapy for Insomnia**

**February 20-21, 2024**

**A Live, Interactive Webinar**

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## **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: 14.0

Total Contact Hours: 14.0

## **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:**

#### **Eastern Time**

*(Please note the correct time for your respective time zone)*

#### **Day 1**

Introduction & Course Overview	9:00am – 9:15am
Military Aspects of Sleep	9:15am – 9:45am
Overview of Normal Human Sleep <i>Includes 15-minute Break</i>	9:45am – 12:00pm
Insomnia: Diagnosis & Etiology	12:00pm – 1:00pm
Lunch Break	1:00pm – 2:00pm
Session 1: Assessment of Sleep Disturbance <i>Includes 15-minute Break</i>	2:00pm – 5:30pm

#### **Day 2**

Sessions 2-4: Stimulus Control Sleep Restriction Sleep Hygiene Relaxation Training <i>Includes 15-minute Break</i>	9:00am – 12:30pm
Lunch Break	12:30pm – 1:30pm
Sessions 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>	1:30pm – 5:15pm
Wrap-Up and Q&A	5:15pm – 5:30pm



### **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 emailed 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 14.0 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 SBHP Support at [sbhpsupport-ggg@usuhs.edu](mailto:sbhpsupport-ggg@usuhs.edu).

### **Participate:**

**Online Platform:** Zoom

**Date:** February 20-21, 2024

**Time:** 9:00 am – 5:30 pm Eastern

*Please note the correct time for your respective time zone*



**Attendance Requirements:** Attendees **MUST** log into the training via an individual connection rather than as a group using one computer/device. Additionally, a **functioning microphone** is **MANDATORY** to attend this training, to allow for participation in role-play exercises. Headphones are **HIGHLY** recommended for the optimal experience. Attendance on both days in their entirety is required to receive CE credits and tier completion. Partial credit cannot be issued.

**Registration Information:** <https://starproviders.org/providers-home/>

**Registration Deadline:** Registration will close one business day before the training begins or when registration capacity has been reached.

**Cancellations/Questions:** Please contact SBHP Support at [sbhpsupport-ggg@usuhs.edu](mailto:sbhpsupport-ggg@usuhs.edu) if you have any questions or need to cancel your registration

**Registration Cost/Refunds:** Free

**Required Materials:** None

**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

Participants will not have to install any additional programs on their computer to take part. However, a web browser is necessary (Mac users: Chrome or Firefox is recommended to minimize tech issues). Participant's may test their computer's Zoom capabilities by visiting <http://zoom.us/test>. We **recommend all participants test their ability to load Zoom in advance of the training event** to ensure there are no technical difficulties the morning of the event.

**Special Accommodations:** If you require special accommodations due to a disability, please contact Ms. 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.

**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 Milochik, via email at [Amanda.milochik.ctr@usuhs.edu](mailto:Amanda.milochik.ctr@usuhs.edu).

**Instructor Biographies:**

**Diana C. Dolan, Ph.D., 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.

**Timothy Rogers, Ph.D.**, is an Assistant Director for Training and Education at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. He is responsible for managing the development, delivery, and evaluation of a range of clinical training and research programs and serves as a subject matter expert/trainer on evidence-based psychotherapies for Posttraumatic Stress Disorder and Insomnia.

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 and deployed in support of Operation Enduring Freedom. Dr. Rogers also served for six years as the Associate Program Director for the USAF Clinical Psychology Internship at Wilford Hall in San Antonio Texas. 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 team chair for DoD and VA Clinical Psychology Internships.

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