



Assessment and Treatment of Sleep Disturbances in Military Populations: Circadian Rhythm Sleep-Wake Disorders

June 12, 2024
A Live, Interactive Webinar

Description:

This half-day workshop builds on the foundation of sleep education provided in the 2-day Cognitive Behavioral Therapy for Insomnia (CBT-I) workshop. Detailed instruction on circadian rhythm physiology provides an understanding of contributors to both normative patterns and development of disorders. We then explore assessment specific to circadian rhythm disorders and introduce clinical interventions for the two most common in service members: Delayed Sleep Wake Phase Disorder and Shift Work Disorder. Step-by-step guidance illustrated by examples underscore recommended techniques. Participants are expected to have attended the CBT-I workshop or have equivalent or greater training in CBT-I to complete this advanced course; for a review of sleep basics such as regulation and mechanisms, we recommend viewing the CDP Presents webinar recording “The Basics of Sleep: What Every Provider Needs to Know” This program content focuses on application of psychological assessment and intervention methods for treating suicidal patients that have consistent and credible empirical support in the scientific literature (Meyer et al, 2022; Doty et al, 2019; USA FM7-22, 2020; Ashbrook et al., 2020; Wilson et al., 2019).

Total CE Credits: 4.0

Total Contact Hours: 4.0

Learning Objectives:

Following the training, attendees will be able to:

1. Differentiate between the behavioral, environmental, and physiological elements of circadian rhythms.
2. Evaluate whether patients meet diagnostic criteria for Circadian Rhythm Sleep-Wake Disorder subtypes.
3. Use recommended circadian rhythm measures to perform an assessment of sleep behavior.
4. Plan a course of treatment for Delayed Sleep-Wake Phase Disorder incorporating Dim Light Melatonin Onset (DLMO) and minimum core body temperature.
5. Compare strategies for managing rapidly rotating shift work with strategies to address fixed or long-term rotating shift work.



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

Instructional Content Level: Introductory/Beginner

Agenda:

Eastern Time

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

Introduction & Course Overview	12:00pm – 12:15pm
Review of Sleep in the Military	12:15pm - 12:30pm
Introduction to Circadian Rhythm Sleep-Wake Disorders	12:30pm – 1:15pm
Assessment of Circadian Rhythm Sleep-Wake Disorders	1:15pm – 2:15pm
Break	2:15pm – 2:30pm
Treatment of Circadian Rhythm Sleep-Wake Disorders	2:30pm – 4:00pm
Questions & Wrap-up	4:00pm – 4:15pm

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 4.0 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 sbhpsupportggg@usuhs.edu.

Participate:

Online Platform: Zoom

Date: June 12, 2024

Time: 12:00 pm – 4:15 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. Attendance of the entire training 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 sbhpsupportggg@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 accommodation due to a disability, please contact Ms. Chris Myers at 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 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.

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