



DELAWARE PSYCHOLOGICAL  
ASSOCIATION

*Sponsored by the  
Delaware Psychological Association*

# COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA

Friday and Saturday

**May 6-7, 2022**

7:30 AM to 5:00 PM

**Hilton Wilmington/Christiana**

100 Continental Drive, Newark, DE 19713, (302)-454-1500

Please reference the workshop when booking to receive a discounted room rate.

Registration and Breakfast: 7:30 AM

*(Breakfast and Lunch will be provided)*

*12 CE Credits awarded for attending the FULL 2-Day Workshop*

# PROGRAM DESCRIPTION

## Cognitive Behavioral Therapy for Insomnia (CBT-I) Workshop

Insomnia is widely recognized to be the most common sleep problem and is also a leading complaint in primary care settings. The consequences and morbidity associated with chronic insomnia can be substantial across several domains and can include increased health care utilization, impaired quality of life, increased risk of falls and hip fractures, increased risk of medical and psychiatric disorders, and ultimately worse outcomes for all co-morbid disorders.

Effective treatment of insomnia not only improves sleep quality and daytime functioning, but CBT-I has also now been shown to have direct beneficial impact on depression, anxiety, PTSD, chronic pain, and other behavioral and medical disorders. In addition, cognitive-behavioral treatments for insomnia have been shown to be of equal or greater effectiveness when compared to sedative hypnotic medication. These findings suggest that CBT-I should be considered a trans-diagnostic therapy that should be in every clinician's tool box.

This workshop is designed to provide clinical and research faculty from multiple disciplines the core elements of cognitive-behavioral treatment for insomnia. The course starts by grounding participants in the basics of sleep medicine that undergird the practice of CBT-I. It goes on to present systematic, empirically validated treatment methods and essential information about the pathophysiology and etiology of insomnia necessary to inform assessment, diagnosis, treatment, and the handling of treatment resistance. The material is largely didactic but attempts also to give participants a "hands on" approach to the clinical delivery that allows CBT-I to become more than just a set of guidelines on a page.

## TIMELINE

### TWO-DAY BASIC COURSE

#### DAY ONE

7:30 AM – 8:00 AM – Registration and breakfast

8:00 AM – 10:00 AM  
Welcome announcements and orientation  
Basics of sleep and behavioral model of insomnia

10:00 AM – 10:15 AM – Break

10:15 AM – 12:00 PM  
Pharmacological and behavioral treatment options for insomnia  
Assessment of insomnia Part I-Definition, differential diagnosis, indications for treatment

12:00 PM – 1:00 PM – Lunch

1:00 PM – 3:00 PM  
Session 1: Assessment Part 2 – CBT-I forms, devices, setting up sleep diaries

3:00 PM – 3:15 PM – Break

3:15 PM – 5:00 PM  
Session 2: Treatment planning, setting up sleep restriction and stimulus control

#### DAY TWO

8:00 AM – 10:00 AM  
Breakfast  
Session 3: Adherence issues, problem solving and sleep hygiene

10:00 AM – 10:15 AM  
Break

10:15 AM – 12:00 PM  
Session 4: Cognitive Therapy – General and targeted therapies

12:00 PM – 1:00 PM  
Lunch

1:00 PM – 3:00 PM  
Session 5, 6, & 7: Titration of sleep window, treatment delivery, therapist factors, and charting

3:00 PM – 3:15 PM  
Break

3:15 PM – 5:00 PM  
Session 8: Relapse prevention

Concluding Remarks

# OBJECTIVES-TWO-DAY CBT-I WORKSHOP

**By the end of the presentation attendees will be able to:**

- Articulate the basics of sleep nomenclature including sleep period, phase, continuity, and architecture.
- Discriminate acute insomnia from Insomnia Disorder and articulate the importance of treating the chronic form as a specifically targeted co-morbidity.
- Evaluate the common medications used in the treatment of insomnia and understand their relative strengths and weaknesses.
- Communicate the relative efficacy of pharmacotherapy and cognitive behavioral therapies for insomnia.
- Communicate the evidence for the efficacy of CBT-I for both primary and co-morbid insomnia disorder.
- Apply the principles of the Spielman model of insomnia and employ it in the delivery of CBT-I.
- Apply the principles of Borbely's two-process model of sleep regulation and demonstrate how to utilize this concept in the deployment of CBT-I.
- Score and analyze patient sleep diary data, and create a treatment plan based upon the data in the course of CBT-I treatment.
- Apply the techniques of Sleep Restriction therapy to the treatment of chronic Insomnia.
- Apply the techniques of Stimulus Control to the treatment of chronic Insomnia.
- Educate patients in sleep hygiene principles and tailor to individual needs.
- Apply the techniques of cognitive therapeutic strategies to the treatment of chronic insomnia.
- Calculate sleep efficiency and titrate patient sleep windows.
- Anticipate, identify and problem solve common resistances in CBT-I.
- Implement an action plan to establish optimal total sleep times.
- Implement an action plan to prevent patient relapse.

# ABOUT THE PRESENTERS

## DONN POSNER, *PH.D., DBSM, CBSM*

**D**r. Donn Posner is the Founder and President of Sleep Well Consultants and has been consulting to organizations and individuals on a wide variety of sleep health issues including insomnia, circadian dysrhythmia, CPAP adherence, and parasomnias. He is also currently a consulting psychologist, for the Palo Alto VA, working on a number of grants exploring the effects of CBT-I in Gulf War Veterans and Veterans with insomnia and Mild Traumatic Brain Injury. In the previous 5 years, Dr. Posner served as an Adjunct Clinical Associate Professor in the Department of Psychia-



try and Behavioral Sciences at Stanford University School of Medicine, and a clinical/research psychologist at the Palo Alto VA.

Prior to his role at the VA he spent 25 years serving as the Director of Behavioral Sleep Medicine for the Sleep Disorders Center of Lifespan Hospitals, and was a Clinical Associate Professor in the Department

of Psychiatry and Human Behavior at the Warren Alpert School of Medicine at Brown University. For 20 of those years Dr. Posner had served as the primary supervisor for a rotation of the Behavioral Medicine track of the clinical psychology internship at Brown. The rotation focused on the assessment and treatment of Sleep and Anxiety Disorders, and was one of the few rotations of its kind in the US.

Dr. Posner is one of the authors of Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide (New York: Springer/Verlag). The book is intended for clinical trainees, and non-in-

somnia sleep specialists, as well as more experienced clinicians from outside the sleep medicine field, who wish to learn how to provide empirically validated cognitive behavioral treatment for insomnia (CBT-I).

Dr. Posner is a member of the American Academy of Sleep Medicine and is one of the first Certified Behavioral Sleep Medicine specialists recognized by that group. He is also a founding member of the Society of Behavioral Sleep Medicine and he has also now achieved the status of Diplomate with the BBSM which is the highest level of qualification and competency they bestow.

## MICHAEL L. PERLIS, *PH.D.*

**A**ssociate Professor, Department of Psychiatry, University of Pennsylvania

Director, Behavioral Sleep Medicine Program, University of Pennsylvania

Associate Professor, School of Nursing, University of Pennsylvania

Dr. Perlis is internationally known for his work in the area of Behavioral Sleep Medicine (BSM). He is a coauthor of the first text book in this field and he is the senior author of a published CBT-I treatment



manual and a larger text summarizing all BSM treatments. In addition, he conducts two annual CBT-I training workshops per year (the basic workshop has been ongoing for the last 10 years and the advanced workshop was

first offered in 2014), has available a video mock case vignette DVD, and offers mini-fellowship BSM practica and supervision through his group at Penn. Note: The Basic CBT-I workshop has also been provided, on request, in England, Sweden, South Africa, Israel, Korea, Japan, Thailand, and Qatar, and the CBT-I manual has been translated into Spanish, Italian, Korean, Chinese, Thai, and Arabic. Dr. Perlis' educational activities also include his service as a mentor

to 95 trainees including 24 junior or peer faculty, 18 interns or post-doctoral fellows, 6 medical students, 12 graduate or post-masters students, and 35 undergraduates or post-baccalaureates. Most notable among his prior mentees (i.e., those who have gone on to independent research careers) include Sean Drummond PhD, Kenneth Wright PhD, Michael Smith PhD, Carla Jungquist PhD, Wilfred Pigeon PhD, Sheila Garland PhD, and Michael Grand-er, PhD.



**"Cognitive Behavioral Therapy for Insomnia (CBT-I) Workshop"** is sponsored by the Delaware Psychological Association. 12 CE credits will be offered upon completion of the **FULL 2-day** program. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

## IMPORTANT NOTICE:

THOSE WHO ATTEND THE ENTIRE WORKSHOP AND COMPLETE THE APA EVALUATION FORMS WILL RECEIVE 12 CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE CAN ONLY GIVE CREDIT TO THOSE WHO ATTEND THE **ENTIRE TWO DAY** WORKSHOP. PARTIAL CREDIT WILL NOT BE AWARDED. THOSE ARRIVING MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR LEAVING BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDITS. TO ENSURE THE SAFETY OF OUR GUESTS, CURRENT CDC GUIDELINES ARE IN EFFECT.

*The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive and competent services to our community.*

# REGISTRATION

## OTHER HOTELS NEARBY



**Extended Stay America**  
333 Continental Drive  
Newark, DE, 19713  
302-283-0800

**Hampton Inn & Suites**  
1008 Old Churchmans Road  
Newark, DE 19713  
302-454-7300

*The DPA does not have rooms blocked out at either of these locations, they are just suggestions.*

### THREE EASY WAYS TO REGISTER!!

- Register online at [www.depsych.org](http://www.depsych.org)
- Telephone the DPA office at (302) 475-1574
- Complete and Mail this registration form with your check, MasterCard, Visa or American Express number to:

Delaware Psychological Association  
1732A Marsh Rd., Suite 155  
Wilmington, DE 19810

### **Please make checks payable to DPA**

DPA Member (circle one) YES NO

FEE:	DPA members	\$350	In-Person	Virtual
	Non-DPA members	\$470	In-Person	Virtual
	Students	\$150	In-Person	Virtual

All In-Person Attendees will be offered COMPLIMENTARY digital head-shots.

Name:

Today's Date:

Credit Card #:

Expiration Date:

CV Code (on back of card)

☐ MasterCard ☐ VISA ☐ American Express

Signature

CANCELLATIONS RECEIVED BY May 1, 2022 WILL BE REFUNDED IN FULL, LESS A \$25 ADMINISTRATIVE FEE. NO REFUNDS WILL BE GRANTED AFTER May 2, 2022.