



CBT-I AND NON-PHARMACOLOGICAL TREATMENT OF INSOMNIA: A Primer for Behavioral Health Clinicians

Monday, January 22, 2018

Snow Date: January 29, 2018

LOCATION: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville NC 28803

DATE: Monday, January 22, 2018

REGISTRATION: 8:30 am - 9:00 am

PROGRAM: 9:00 am - 4:00 pm (*lunch provided*)

Early registration fees available through January 15th:

FEE: \$175

GROUPS: \$150

(*Five or more from same agency, registering and paying at same time*)

STUDENTS: \$75

(*Proof of enrollment required at check-in*)

MAHEC EMPLOYEES: \$75

Audience

Psychologists, Licensed Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists, Licensed Clinical Addictions Specialists, Rehabilitation Counselors, and others interested in this topic.

Objectives

Upon completion of this workshop, participants will be able to:

- Define insomnia within the context of the Triple P model
- Identify at least three assessment tools for insomnia
- Utilize sleep diary information to identify appropriate sleep metabolism
- List the essential systems that must be included in sleep treatment
- Describe the cognitions that perpetuate and intensify insomnia experience
- List the risks associated with hypnotic medications and describe ideal schedules for eliminating hypnotic usage

In any given year, 30% of the US population experiences some challenges with insomnia. Despite its high incidence and prevalence, effective treatments remain limited and access to the most successful treatment is particularly challenging. This program will focus on non-pharmacological interventions for people with insomnia. Cognitive behavioral therapy for insomnia will be the primary focus of this day-long course, and the goal is to equip providers with a broader understanding as well as concrete tools to help clients overcome insomnia. Recent trends in behavioral sleep medicine have demonstrated some movement beyond basic CBTI, and these interventions will also be introduced.

Training elements include:

- Neuroscience of sleep and wakefulness
- Assessment of insomnia and differential diagnoses
- CBT-I session plan
- Sleep restriction and compression
- Stimulus control therapy
- Behavioral activation and sustaining daytime wakefulness
- Mindfulness-based interventions for sleep
- Pharmacology of hypnotics and medication reduction schedules



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Agenda

- 8:30am–9:00am** Registration and Check-In
- 9:00am–9:30am** Introduction and Overview of Course Objectives
History of Behavioral Sleep Medicine
Current Treatment Options in Cognitive Behavioral Therapy for Insomnia (CBTI)
- 9:30am–10:30am** Neurobiology of Sleep
Neurotransmitters
Key Brain Structures
Changes Associated with Insomnia
Sleep Stages
Function of Sleep
Sleep Metabolism
Spielman Triple P model of Insomnia
- 10:30am–10:45am** Break
- 10:45am–12:00pm** Circadian Rhythm:
Inputs to Entrainment
Exogenous Entrainment Factors
Role of CR in Insomnia
Actigraphy
- 12:00pm–1:00pm** Lunch (*provided*)
- 1:00pm–2:30pm** CBTI: Overview of Essential Components
Initial Assessment
Interview Format
Sleep Diary
Questionnaires
Treatment Overview
Treatment Contraindications
Sleep Restriction/Compression
Utilization of Diary Data
Engaging a Client in Compression
Progression of Treatment Response
Cognitive Interventions
Tolerating Distressing Thoughts
Common Catastrophe Scenarios
Stimulus Control
Sleep Onset Associations
Hyperarousal and Methods to Reduce Sleep Effort and Monitoring
Behavioral Activation
Limbic System Activation
Hypothalamic Pituitary Adrenal Axis (HPA Axis)
Sympathetic Nervous System Agitation and Inhibition Pathways
- 2:30pm–2:45pm** Break
- 2:45pm–3:30pm** Advanced Interventions
Motivational Interviewing Techniques in Sleep
Hypnotic Taper:
Research Supporting Taper Necessity
Taper Schedules
Techniques to Address Agitation and Catastrophe
- 3:30pm–3:45pm** Case Studies
- 3:45pm–4:00pm** Question and Answer Session | Clinical Applications

Faculty

KRISTIN DALEY, BS, BA, PHD, CBSM, received her doctorate in health psychology from University of North Carolina at Charlotte. Her primary passion revolves around the World Health Organization's famous definition of health – she promotes emotional, physical and social health, through several cognitive behavioral therapeutic approaches including ACT therapy and Dialectical Behavior Therapy (DBT). Kristin began her career in sleep medicine, and worked in the field of sleep medicine while completing both her master's degree and doctorate. Dr. Daley is one of approximately 200 psychologists in the United States who have completed certification in behavioral sleep medicine, and are trained to work with sleep disorders across the age spectrum. She has also worked with adolescents in an intensive outpatient setting, where she provided group, individual, and family therapy. Kristin has also provided psychological treatment within medical practices and supported cancer patients at Wake Forest Baptist Medical Center. Her areas of particular passion include: sleep disorders (cognitive behavioral therapy for insomnia-CBT-I, medication tapers, behavioral interventions for pediatric sleep disorders), chronic or severe health conditions (chronic tinnitus, fibromyalgia, heart disease, cancer, neurological conditions), and psychological conditions which have strong behavioral or physical symptomology, such as anxiety, panic disorder, borderline personality disorder and depression. She loves to give talks on parenting from both a skill-focused and behavioral perspective. Dr. Daley imparts therapeutic skills and teaches educational techniques to help parents address significant challenges within their households. She also enjoys partnering with physicians to help them succeed in their work with clients who have treatment adherence challenges and psychological conditions related to medical challenges. In her current setting, Dr. Daley provides individualized DBT with adolescent and adult clients, and leads DBT groups for adults and parents participating in an adolescent DBT program.

Credits



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. Full attendance is required to receive credit. **5.5 hours**



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. Approved for **5.5 hours**

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **5.5 hours Category A**. Full attendance is required.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **5.5 Contact Hours**. Full attendance is required.

Registration

Early Registration Deadline: January 15, 2018

Early registration fee is \$175, \$150 for groups (five or more from same agency, registering and paying at same time), \$75 for students (proof of enrollment required at check-in), and \$75 for MAHEC employees. Registration fee includes administrative costs, educational materials, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

DIRECTIONS TO THE BILTMORE CAMPUS

121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.



HAVE A QUESTION?

CE Planner:

Barbara Warren, MSW, LCSW, LCAS-A, CFT
barbara.warren@mahec.net



Special Services:
828-257-4778

Registration Information:

Fax Registration:

Online Registration:

Email:

Mail: MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

828-257-4475

828-257-4768

www.mahec.net

registration@mahec.net

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Monday, January 22, 2018

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Updated contact info

Name _____

Credentials _____

Social Security # **XXX-XX-** _____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

*Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Please provide a:

Vegetarian Option

Gluten-free Option

Fee:

\$175

After Jan 15th

\$190

Groups:

\$150

\$165

(Five or more from same agency, registering and paying at same time)

Students:

\$75

\$90

(Proof of enrollment required at check-in)

MAHEC Employees:

\$75

\$90

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (made payable to MAHEC) Credit card info provided

Visa Mastercard Discover Card American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

Send completed registration form to:

18MH019/53986

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768