

Cognitive Behavioural Therapy for Insomnia: The Basics and Beyond

Presented by Colleen Carney, PhD

Workshop Details
April 24, 2020
9am – 4:30pm

Location
Best Western PLUS
The Arden Park Hotel
552 Ontario Street
Stratford, Ontario

Fees:
Early-Bird Rate: \$225 + HST
After March 23: \$250 + HST
Fee includes lunch, morning and afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration
Register online at
missionempowerment.ca



About the Workshop

Research increasingly shows that Cognitive Behavioural Therapy for Insomnia (CBT-I) has a profound effect on chronic insomnia and works better than drugs and other therapies. Insomnia is the single most commonly reported health problem in adults, and it commonly co-occurs with depression, chronic pain, anxiety, addiction and trauma disorders. When insomnia is addressed, success rates for treating co-morbid conditions also improve. However, non-sleep specialist clinicians frequently lack the training in how to assess, diagnose and treat insomnia. This workshop, led by a leading expert in the treatment of insomnia, will provide detailed instruction about how to effectively implement CBT for Insomnia in those with commonly concurrent problems such as depression, trauma, pain, addiction or anxiety disorders. Participants will also learn how to teach this information to clients in group and workshop settings.

Participants will learn:

- Causes of insomnia, including behaviours that interfere with the build-up of deep sleep drive and behaviours that cause circadian rhythm dysregulation
- How to do a thorough sleep assessment
- How to teach clients to calculate their optimal time-in-bed prescription and determine their optimal “sleep window”
- Evidence-based CBT techniques to treat insomnia
- How to implement CBT-I in both individual and group settings

About the Presenter

Colleen E. Carney, PhD, is on faculty in the Psychology Department at Ryerson University, where she is the Director of the Sleep and Depression Laboratory. She is one of Canada’s leading experts in the treatment of insomnia, particularly in the context of co-occurring illness. Colleen has over 100 publications on the topic of insomnia, including six books and the only Cognitive Behaviour Therapy workbook written expressly for comorbid insomnias. She is an internationally known speaker and trainer.

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