Cognitive Behaviour Therapy-Insomnia Course

The aim of this course is to provide the relevant information to identify, assess, and diagnose cases of insomnia, and with peer supervision, manage cases using the principles of Cognitive Behaviour Therapy for Insomnia (CBT-I). It is open to applicants from all countries. Competence in understanding spoken English is required.

This course will cover:

- How to define Insomnia Disorder using currently published international guidelines
- How to identify the differences between the various types and subtypes of Insomnia Disorder
- How to assess other intrinsic and extrinsic disorders masking insomnia
- Identifying who is and is not a suitable candidate for CBT-I
- Practical, hands-on experience of conducting CBT-I under peer supervision, including case studies
- How to apply a variety of other therapies in the Insomnia Disorder setting

Further Information and Registration details please contact:
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POLYSOMNOGRAPHY SCORING COURSE

Also booking now for PSG training courses:

29th – 30th September and 10th – 11th November 2017