



CBT-I 2011 Cognitive Behavioral Therapy for Insomnia

Friday – Sunday, September 8-10, 2011, Loews Hotel, Philadelphia, PA

Day One Thursday, September 8, 2011

The first day is largely dedicated to the causes and consequences of insomnia and an overview of the current therapeutic approaches.

8:00 AM - 12:30 PM

Registration and Breakfast Buffet / Exhibits
Welcome Announcements / Orientation
Introduction to Insomnia
Coffee Break / Exhibits

Models Related to the Etiology & Pathophysiology of Insomnia

12:30 PM - 1:30 PM

Lunch (on your own)

1:30 PM - 5:00 PM

Treating Insomnia Part I

(Review of Pharmacologic & CBT Options)

Coffee Break / Exhibits

Treating Insomnia Part II

(Review of Pharmacologic & CBT Options)

Determination of Whether CBT-I is Indicated

(vs. Diagnosis Based Assessment)

5:00 PM - 5:30 PM

Questions and Answers

5:30 PM - 6:30 PM

OPTIONAL: Review of Signs and Symptoms for Sleep Apnea, PLMs, CRDs and Narcolepsy

Day Two Friday, September 9, 2011

The primary focus of the second day will be the nuts-n-bolts of the eight-session model of CBT-I.

7:00 AM - 8:00 AM

OPTIONAL: Advanced Models of Insomnia
Breakfast Buffet / Exhibits

8:00 AM - 12:00 PM

CBT-I Session-by-Session Review Orientation

Session I – Intake Evaluation

Coffee Break / Exhibits

Session II – Treatment Initiation

- a) Sleep Restriction Procedures and Rationale
- b) Stimulus Control Procedures and Rationale

12:00 PM - 1:30 PM

Lunch (on your own)

1:30 PM - 5:45 PM

Session III – Sleep Hygiene and Continued Application of Sleep Restriction

(Upward or Downward Titration of Time In Bed)

Session IV, V & VI – Titration and Compliance

Coffee Break and Exhibits

Session VII – Cognitive Therapy for Insomnia Related Catastrophic Thinking

(Discussion on Alternative Cognitive Treatments)

Session VIII – Relapse Prevention

6:00 PM - 7:00 PM

Informal Get Together (Appetizer and Drinks)

Day Three Saturday, September 10, 2011

The final day will include video clips, case examples, role plays, and open discussion of unanswered questions or topics from the previous two days.

8:00 AM - 1:00 PM

Coffee / Exhibits (No Breakfast Buffet)

Orientation

Practice Management & Billing
(Marnie Shanbhag, PhD)

Video Clips

General Discussion

1:00 PM - 2:00 PM

Lunch (on your own)

2:00 PM - 5:45 PM

Case Presentations (Michael Perlis, PhD)

Coffee Break / Exhibits

Common Patient Resistances

Two-Chair Practice of Patient-Therapist Exchanges
(Donn Posner, PhD)

5:45 PM - 6:15 PM

OPTIONAL: Individual Issues and Questions

For more information about the course (and to access feedback from former attendees of the course), please visit <http://www.med.upenn.edu/cbti>