

Sleep Consultancy Ltd

CBTi Course Programme

Dates: 24 - 25 March 2018

Venue: Edinburgh Training and Conference Centre
16 St Mary's Street
Edinburgh
EH 1 1SU

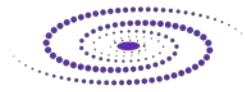
CPD points: 12 CPD points awarded

Lecturer: Professor Jason Ellis

Aim: 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).

The attendee will be expected to understand and apply the following information with respect to Insomnia Disorder:

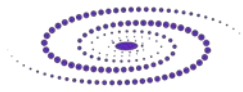
- 1) Define Insomnia Disorder according to International Classification of Sleep Disorders (3rd Edition), the Diagnostic and Statistical Manual of Mental Disorders (5th Edition) and the Research Diagnostic Criteria.
- 2) Identify the differences between the various types and subtypes of Insomnia Disorder.
- 3) Conduct a differential diagnostic for Insomnia Disorder, including the assessment of intrinsic and extrinsic sleep disorders masking as insomnia (e.g. Restless Legs Syndrome, Periodic Limb Movement Disorder, Narcolepsy)
- 4) Identify who is and who is not a suitable candidate for CBT-I
- 5) Conduct CBT-I under peer supervision, including note and case studies
- 6) Determine when brief therapies and adjunct therapies are indicated



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Programme

Day 1:	Theory and Definition
8.45am	Registration
9.00am	Welcome & introduction
9.15am	Session 1: Defining Insomnia
10.15am	Session 2: Models of Insomnia
11.15am	Coffee Break
11.30am	Session 3: Differential Diagnosis
12.30pm	<i>Lunch</i>
1.30pm	Session 4: Who is a candidate for CBT-I?
2.30pm	Break
2.45pm	Session 5: Structure and Tools for CBT-I
3.45pm	Coffee Break
4.00pm	Session 6: Sleep Hygiene and Education



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Day 2: Practice and Peer Supervision

- 9.00am Review of Yesterday
- 9.15am Session 7: Sleep Restriction
- 10.15am Session 8: Stimulus Control
- 11.15am Coffee Break
- 11.30am Session 9: Cognitive Therapy I
- 12.30 *Lunch*
- 1.30pm Session 10: Cognitive Therapy II
- 2.30pm Coffee Break
- 2.45pm Session 11: Peer Support
- 3.45pm Closing remarks