Travel information

By airplane
Closest to Freiburg is the Euro Airport Basel/ Mulhouse/ Freiburg. An airport bus connects the airport directly with the central railway station in Freiburg. The ride takes about 60 minutes. (www.freiburger-reisedienst.de/en/airportbus/information.php)

By train
For a train connection from Frankfurt Airport to Freiburg, please refer to http://www.bahn.de/p/view/index.shtml. From Freiburg central station you may either take a taxi to the meeting location or the tramway Nr. 5 heading to "Rieselfeld". At the tram stop "Bertoldsbrunnen" you will need to change and take tramway Nr. 2 heading to "Zähringen". Please get off the tram at the stop "Hauptstrasse".

Accommodation
Please refer to http://www.freiburg.de/pb/,Len/225797.html

Registration information
Registration and potential notification of cancellation must be submitted no later than two weeks before the workshop. A 20,- € administrative fee will be withheld on cancellations. Refunds are not possible after this date.

Number of participants
Minimum: 15
Maximum: 30

Registration
Please register for the workshop by postal mail, telephone or email to:

FFAP
Manuela Strobel
Tel. ++49 (0) 152 36395716
E-mail info@ffap.eu

For further information please contact:

Freiburger Fortbildungsakademie für Psychotherapie (FFAP) GmbH

Prof. Dr. Gunther Haag
Hauptstrasse 4-6
79104 Freiburg
guntherhaag@hotmail.com

Secretary:
Manuela Strobel
info@ffap.eu

Behavioural Sleep Medicine Course
2014

For further information, please refer to www.ffap.eu
**Behavioural Sleep Medicine**

Behavioural Sleep Medicine addresses behavioural dimensions of normal and abnormal sleep mechanisms and the prevention, assessment, and treatment of sleep disorders and associated behavioural and emotional problems. In the past decades, research has shown that non-drug treatments for insomnia (especially cognitive-behavioural treatment for insomnia, CBT-I) can improve sleep in all age groups. In addition to this, behavioural and cognitive treatment is also available to enhance the medical treatment of circadian rhythm sleep disorders, nightmares, parasomnias, sleep apnea syndrome and restless legs syndrome, disorders that are often associated with non-restorative sleep and excessive daytime sleepiness.

**Workshop**

The three-day course on behavioural sleep medicine (16 UE) aims at providing up-to-date information on the treatment of sleep disorders through behavioural and cognitive methods. This includes psychotherapeutic strategies for insomnia, circadian rhythm sleep disorders, nightmares, parasomnias and hypersomnias. The course is aimed at professionals involved in the diagnosis and treatment of sleep disorders and is open to applicants from all countries. The course will be held in English, thus competence in understanding spoken English is required.

**Thursday** 02.10.2014 13:00 - 17:00

**Friday** 03.10.2014 09:00 - 17:00

**Saturday** 04.10.2014 09:00 - 13:00

**Organise your attendance**

**Registration fee**

The registration fee includes the attendance at the workshop, handouts as well as beverages, snacks and lunch.

**Workshop** 400 €

**Reduced registration fee** 300 €

* Students/Trainees are eligible for the reduced registration fee.

Please transfer the registration fee by bank transfer to:
FFAP (Freiburger Fortbildungsakademie für Psychotherapie)
IBAN: DE08680501010012956094
SWIFT-BIC: FRSPDE66

**Workshop venue**

University of Freiburg Medical Center
Clinic of Psychiatry and Psychotherapy
Hauptstrasse 5, 79104 Freiburg
Seminar room, 2nd floor

**Target audience**

Physicians, clinical psychologists and other health care professionals seeking to increase their knowledge of behavioural sleep medicine.

**Speakers**

**Dieter Riemann, PhD**

Professor of Clinical Psychophysiology and Director of the sleep centre at the University of Freiburg Medical Centre; Behavioral somnologist (DGSM, ESRS)

**Christoph Nissen, MD**

Senior physician and research group leader at the Center for Mental Disorders, University of Freiburg Medical Center

**Kai Spiegelhalder, MD PhD**

Senior researcher, clinical psychologist and research group leader at the Center for Mental Disorders, University of Freiburg Medical Center

**Chiara Baglioni, PhD**

Senior researcher and clinical psychologist at the Center for Mental Disorders, University of Freiburg Medical Center

**Elisabeth Hertenstein, Dipl. Psych.**

Clinical psychologist at the Department of Psychiatry and Psychotherapy, University of Freiburg Medical Center

**Literature:**


### Behavioural Sleep Medicine Course

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9.00 – 10.00</strong></td>
<td>Cognitive-behavioural therapy for insomnia I (Kai Spiegelhalder)</td>
<td><strong>9.00 – 9.45</strong></td>
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<tr>
<td><strong>10.00 – 11.00</strong></td>
<td>Cognitive-behavioural therapy for insomnia II (Chiara Baglioni)</td>
<td><strong>9.45 – 10.00</strong></td>
</tr>
<tr>
<td><strong>11.00 – 11.30</strong></td>
<td>Morning break</td>
<td><strong>10.00 – 10.45</strong></td>
</tr>
<tr>
<td><strong>11.30 – 12.30</strong></td>
<td>Acceptance and commitment therapy for insomnia (Elisabeth Hertenstein)</td>
<td><strong>10.45 – 11.00</strong></td>
</tr>
<tr>
<td><strong>13:00 – 13.30</strong> Welcome and course information (Dieter Riemann, Christoph Nissen, Kai Spiegelhalder, Chiara Baglioni, Elisabeth Hertenstein)</td>
<td><strong>12.30 – 14.00</strong> Lunch</td>
<td><strong>11.00 – 12.30</strong> Behavioural Sleep Medicine for hypersomnias (Christoph Nissen)</td>
</tr>
<tr>
<td><strong>13.30 – 15:00</strong> Overview of normal sleep (Dieter Riemann)</td>
<td><strong>14.00 – 15.00</strong> Cognitive-behavioural interventions for comorbid insomnia and psychiatric disorders (Chiara Baglioni)</td>
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<tr>
<td><strong>15.00 – 15.30</strong> Afternoon break</td>
<td><strong>15.00 – 15.30</strong> Afternoon break</td>
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<tr>
<td><strong>15.30 – 17.00</strong> Clinical diagnostics of sleep disorders (Kai Spiegelhalder)</td>
<td><strong>15.30 – 17.00</strong> Parasomnias, nightmares (Dieter Riemann)</td>
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