



Sleep Consultancy Ltd

Cognitive Behaviour Therapy-Insomnia Course
Speaker: Professor Jason Ellis
24th – 25th March 2018

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 is suitable for all health professionals.

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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TAKING BOOKINGS FOR:

POLYSOMNOGRAPHY SCORING COURSES 2018 -

1st – 2nd June, 21st – 22nd Sept and 23rd – 24th Nov 2018

EDINBURGH SLEEP MEDICINE COURSE plus optional CBT-I COURSE

19th – 25th March 2018

Registration opens for this course in August 2017. Please email for further details.