

Featured Speakers



**Michael L. Perlis, Ph.D. Director,
Penn Behavioral Sleep Medicine
Program, Associate Professor,
Department of Psychiatry, Associate
Professor, School of Nursing,
University of Pennsylvania**

Dr. Perlis is internationally known for his work in the area of Behavioral Sleep Medicine. He is a coauthor of the first text book in this field and he is the senior author of a published CBT-I treatment manual and a larger text summarizing all BSM treatments. The CBT-I manual (Cognitive Behavioral Treatment of Insomnia:

A Session-by-Session Guide) has been translated into Spanish, Italian, Korean, and Chinese. In addition, his program offers an Advanced CBT-I Course, individual and group supervision, a BSM mini-fellowship, and (via CBT-I Educational Products) a video mock case vignette DVD.

Dr. Perlis authored or co-authored more than 150 articles and chapters on sleep research related topics and he serves on the editorial boards of Sleep, the Journal of Sleep Research, the journal of Sleep Medicine Research, the journal of Behavioral Sleep Medicine, and the journal of Health Psychology.

Dr. Perlis was a founding member and served as the first president the Society of Behavioral Sleep Medicine.



**Donn Posner, Ph.D.
Adjunct Clinical Associate Professor,
Psychiatry and Behavioral Science,
Stanford University School of
Medicine Clinical/Research
Psychologist, Palo Alto Institute for
Research**

Dr. Donn Posner is currently working on a grant, which hopes to clarify the relative efficacy of each of the components of CBT-I and for whom each piece works best.

Prior to his role at Sanford and the VA he spent 25 years as the Director of Clinical Behavioral Medicine for Rhode Island and Miriam Hospitals, and was also the Director of Behavioral Sleep Medicine for the Sleep Disorders Center of Lifespan Hospitals. Finally he was a Clinical Associate Professor in the Department of Psychiatry and Human Behavior at the Warren Alpert School of Medicine at Brown University.

Dr. Posner is one of the authors of Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide. He co-authored Cognitive Behavioral Therapy for Insomnia in Those with Depression.

Dr. Posner is a member of the American Academy of Sleep Medicine and a founding member of the Society of Behavioral Sleep Medicine. He received the society's Peter Hauri Career Distinguished Achievement Award.



Life with Cancer®

Life with Cancer is the psychosocial and educational arm of the Inova Schar Cancer Institute, providing wellness and educational programs to cancer patients and their families both during and after treatment free of charge no matter where treatment is received. Seventy percent of Life with Cancer's operating budget is supported through philanthropy, primarily from community contributions. Your thoughtfulness and generosity make it possible for us to continue offering programs and services at no cost that truly make a difference in the lives of the individuals and families we serve.

Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031
703-206-5433

A Workshop for Professionals

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Featuring
**Michael Perlis, PhD
and Donn Posner, PhD**

June 8-9, 2018



An Inova Life with Cancer Event
Fairfax, VA

Why CBT-I?

The National Institutes of Health estimates that about 30% of the adult population has complaints about sleep and that number increases from 30-50% in the oncology population. Cognitive behavioral therapy for insomnia in the general population has demonstrated an efficacy rate of 70%-80% in numerous controlled trials. This course has been given in venues around the world and has attracted increasingly multidisciplinary audiences.



Workshop location:

Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031
703-206-5433

Continuing Education information:

A certificate of attendance and RN competency hours will be offered only.

For additional information contact:

Darah.Curran at Darah.Curran@inova.org or
703.206.5435

How to Register

1. Register at <https://bit.ly/2qmVT5k>

2. Send your \$200 donation check to:
Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031

OR

Make a credit card donation of \$200 at the
Life with Cancer online donation page:
<https://bit.ly/2IGU8Xb>

(All contributions are acknowledged in writing
for tax purposes)

DAY ONE: June 8, 2018

7:30-8:00 AM

Registration and breakfast

8:00 AM – 10:00 AM

Welcome announcements and orientation
Basics of sleep and behavioral model of
insomnia

10:00 AM – 10:15 AM Break

10:15 AM-12:00 PM

Pharmacological and behavioral treatment options
for insomnia

Assessment of insomnia Part I-Definition, differential
diagnosis, indications for treatment.

12:00 PM – 1:00 PM

Lunch (on your own)

1:00PM – 3:00 PM

Session 1- Assessment Part 2-CBT-I forms, devices,
setting up sleep diaries

3:00 PM – 3:15 PM Break

3:15 PM – 6:00 PM

Session 2- Treatment planning, setting up sleep

DAY TWO: June 9, 2018

8:00 AM – 10:00 AM

Breakfast

Session 3- Adherence issues, problem solving and sleep
hygiene.

10:00 AM – 10:15 AM Break

10:15 AM-12:00 PM

Session 4- Cognitive Therapy- General and targeted
therapies

12:00 PM – 1:00 PM

Lunch (on your own)

1:00PM – 3:00 PM

Session 5, 6, & 7- Titration of sleep window, treatment deliv-
ery, therapist factors, and charting.

3:00 PM – 3:15 PM Break

3:15 PM – 5:00 PM

Session 8- Relapse prevention
Concluding Remarks

Objectives -Two-day CBT-I Workshop

By the end of the presentation attendees will be able to:

1. Articulate the basics of sleep nomenclature.
2. Discriminate acute insomnia from Insomnia Disorder and articulate the importance of treating the chronic form as a specifically targeted co-morbidity.
3. Assess for the most common intrinsic sleep disorders such as OSA, RLS, PLMS, circadian rhythm disorders, and narcolepsy.
4. Evaluate the common medications used in the treatment of insomnia and understand their relative strengths and weaknesses.
5. Communicate the relative efficacy of pharmacotherapy and cognitive behavioral therapies for insomnia.
6. Communicate the evidence for the efficacy of CBT-I for both primary and co-morbid insomnia disorder.
7. Apply the principles of the Spielman model of insomnia and employ it in the delivery of CBT-I.
8. Apply the principles of Borbely's two-process model of sleep regulation and demonstrate how to utilize this concept in the deployment of CBT-I
9. Score and analyze patient sleep diary data, and create a treatment plan based upon the data in the course of CBT-I treatment.
10. Apply the techniques of Sleep Restriction therapy to the treatment of chronic Insomnia.
11. Apply the techniques of Stimulus Control to the treatment of chronic Insomnia
12. Educate patients in sleep hygiene principles and tailor to individual needs.
13. Apply the techniques of cognitive therapeutic strategies to the treatment of chronic insomnia.
14. Calculate sleep efficiency and titrate patient sleep windows
15. Anticipate, identify and problem solve common resistances in CBT-I.
16. Implement an action plan to prevent patient relapse.