

CBT-I COURSE PROPOSAL FORM
to be submitted to the CBT-I Academy Steering Committee

INFORMATION ON THE COURSE (information in this section is mandatory for all courses)

Title of the course	
Institution and country where the course will be delivered	
Country from which participants may come	
Language of the course	
Person(s) in charge	
Qualification of the person(s) in charge <i>(the person should have certification which provides the governance structure enabling a person to see patients, and thus to be regulated as a professional in their country of practice – i.e. physician, psychiatrist, clinical psychologist, health or practitioner psychologist, licenced psychotherapist)</i>	
CBT-I experience and practice for the person(s) in charge <i>(To be in charge, the responsible should have a registered expert level of knowledge for CBT-I, that is, s(he) should already be registered in the CBT-I Academy register)</i> p.s. so far that no register is still available, the person in charge should be member of the EU CBT-I Academy with expert level in CBT-I	
Brief description of the course	
Full duration of the course <i>(please refer only to those modules specifically referring to CBT-I – i.e. contents listed in the following section)</i> <i>(At least 2 days)</i>	
Modality of the course <i>(e.g. face-to-face or online)</i>	
Participants (to whom is the course offered)	
Level of CBT-I expertise to which the course prepares	<input type="radio"/> Expert level <input type="radio"/> Advanced level <input type="radio"/> Foundation level

CONTENTS OF THE COURSE

For each content listed below, please specify components, time dedicated to these module/s, who is in charge for this module, and modality of teaching (theoretical vs interactive)

Diagnostics of Insomnia Disorder (Questionnaires, sleep logs, actigraphy, polysomnography)*	
Comorbidity: insomnia and nightmares, insomnia and ADHD, ecc.*	
Core behavioural components (bedtime restriction and stimulus control must be included)*:	
Basic elements of sleep mechanisms (e.g. sleep psychophysiology)*	

Insomnia pathophysiology*	
Basic knowledge of CBT-I stepped care model*	
Cognitive components**	
CBT-I for specific populations: e.g. infants, toddlers, children, preadolescents, adolescents, women (e.g. pregnancy, menopause), elderly, persons with disabilities, shiftworkers, psychiatric populations, etc...**	
Delivering a manual-based behavioural treatment for insomnia**	
Additional CBT-I components (e.g. motivational and emotional interventions)***	
Medication tapering ***	
Other: Specify:	

*: All courses should include these modules.

**: Courses for advanced and expert levels should include these modules.

***: Courses for expert level should include these modules.

TEACHERS

Provide a full list of the course's teachers, their qualification and what topic they teach

INTERACTIVE ACTIVITIES AND CASE SUPERVISION

Provide a detailed description of how courses will be made interactive and how case supervision will be included and done.*

Courses should be highly interactive:

FINAL TEST (INCLUDING CASE SUPERVISION)

Provide information on final examination, if considered. ***

Please note that for courses preparing to the foundation level, no final examination is considered to be necessary. Instead, for courses preparing to the advanced or to the expert level, it should be included a final test evaluating theoretical and practical acquired skills.

PLEASE ADD TO THIS PROPOSAL THE PROGRAM OF YOUR COURSE, INCLUDING INTERACTIVE ACTIVITIES.