

CBT-I (Basic) Course

14th – 15th May 2022

VENUE

Hilton Edinburgh Carlton
North Bridge
Edinburgh
EH1 1SD

FACULTY

Jason Ellis PhD

PROGRAM OVERVIEW

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.

The CBT-I (Basic) course includes the treatment modality recommended by the AASM for the first line behavioural treatment for insomnia and includes:

- How to identify and assess the suitability for insomnia using an **insomnia** algorithm, ICDC 10 and DSM-5 **measures**
- Using retrospective measures/questionnaires/sleep diaries
- Sleep education **including normal sleep**-Circadian/Homeostat
- Sleep Hygiene Education
- Stimulus Control Therapy (SCT)
- Relaxation Therapy (**RT**)
- Cognitive Behaviour Therapy techniques (**CBT**)
- Sleep Compression (**SC**) (not restriction)

This CBT-I (Basic) course introduces you to the tools and techniques employed in a CBT-I practice for short term insomnia, the Advanced Practice of CBT-I course allows you to treat patients with a 6 week programme of CBT-I using sleep restriction for chronic insomnia.(SRT)

Remote/online attendance is also available for this course for delegates who are affected by COVID-19 travel restrictions.

CONTACT

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