

THE NEVADA PSYCHOLOGICAL ASSOCIATION PRESENTS

Developing Expertise in Cognitive Behavior Therapy for Insomnia (CBT-I) presented by Gregg D. Jacobs, Ph.D.

FRIDAY, October 18th 2019

9:00am—4:45pm

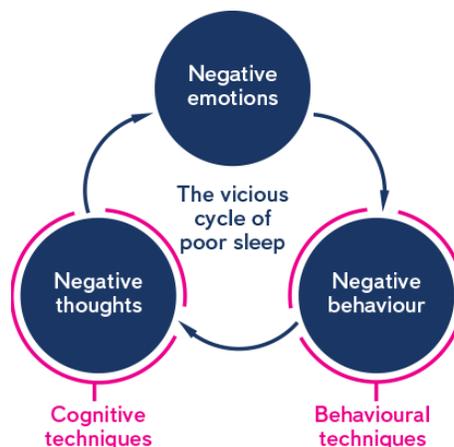
Registration from 8:30—9:00am

University of Nevada Reno, PMEB 016
1664 N. Virginia Street, Reno NV 89557

6 CE Credits

Approved for Nevada Psychologists and MFTs. Approval pending: LCSWs

NPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for this program and its content.



Registration Available Online: www.NVPsychology.org

Developing Expertise in CBT-I - October 18, 2019

About This Workshop:

Chronic insomnia is highly prevalent as a primary or co-morbid disorder. CBT-I is now considered the first-line treatment for chronic insomnia due to its superior long-term efficacy, lack of side effects, and patient preference. It is also the most efficacious psychological therapy for a health problem. It improves sleep in 70-80% of patients, is more effective than sleeping pills, and reduces or eliminates sleeping pills in the vast majority of patients, and doubles the improvement rates of depression compared to antidepressant medication alone in depressed patients with insomnia. It also improves other co-morbidities including pain and fibromyalgia, substance abuse, PTSD, and menopausal hot flashes. As a result, chronic insomnia is now considered an independent disorder that should be treated separately from co-morbid conditions.

Compared to CBT-I, sedative-hypnotics are associated with significant side effects and dangers including elevated mortality risk that has resulted in new FDA black box warnings about the potentially fatal side effects of Ambien, Lunesta, and Sonata. As a result of the black box warning, more patients and their physicians will be choosing CBT-I as a safe and more effective treatment option. However, there is a dire shortage of clinicians and sleep clinics with expertise in CBT-I due to the scarcity of training opportunities in this area.

This workshop will enable clinicians to develop competence in CBT-I using an empirically and clinically validated CBT-I protocol. It is based on almost three decades of clinical practice and research at Harvard Medical School and the University of Massachusetts Memorial Medical Center involving over 10,000 insomnia patients and a landmark federally-funded study conducted at Harvard Medical School by Gregg D. Jacobs, Ph.D. and colleagues demonstrating that the same CBT-I protocol was more effective than Ambien ((Jacobs, GD, et al. Cognitive Behavior Therapy and Pharmacotherapy for Insomnia: a Randomized Controlled Trial and Direct Comparison. *Archives of Internal Medicine*, 2004, 164: 1888-96).

The workshop includes a brief CBT-I training manual for clinicians. A more detailed, 200 page CBT-I clinician training manual will be available for a reduced price of \$75.00 (normally \$195 for solo practitioners). The manual includes step-by-step treatment manuals for use with individuals and groups and all program materials (relaxation techniques compact disk, sleep diaries, progress summaries, and brochures) for implementing CBT-I in clinical practice.

Learning Objectives:

1. Describe the empirical support of CBT-I.
2. Recognize basic sleep and insomnia physiology and how the elderly show changes in their sleep patterns.
3. List the efficacy, side effects and risks of sleep medications used to treat insomnia and why these are greater for women and the elderly.
4. Conduct a sleep-focused assessment of insomnia patients.
5. Describe the rationale for, and be able to implement, CBT-I techniques including cognitive restructuring, sleep scheduling, stimulus control, relaxation, sleep hygiene, and sleep medication tapering and a sleep diary.
6. Discuss sample case studies.



About the Speaker:

Dr. Gregg D. Jacobs is a sleep psychologist and has spent thirty years researching and treating insomnia at the Harvard and University of Massachusetts Medical Schools. His insomnia research was funded by the National Institutes of Health and published in journals such as the *Archives of Internal Medicine*. He has taught his insomnia program to over 10,000 patients, to HMOs such as Kaiser Permanente and Fortune 500 companies such as Reebok, Fidelity, and John Hancock, and his insomnia program has been used by major insurers such as Blue Cross and Blue Shield and Fortune 500 companies such as Raytheon. Dr. Jacobs is the author of *Say Good Night to Insomnia* (New York: Henry Holt), which has been translated into eight languages, and he has been described by the Wall Street Journal as a “pioneer in the use of cognitive-behavioral therapy for insomnia”.

Audience:

This workshop is intended for psychologists, other licensed mental health professionals and graduate students of psychology. Seating is limited!

Cost of Workshop/Registration 10/18/19

EARLY BIRD DISCOUNT (BY 08/29/2019)

NPA Member	\$175.00	\$150.00
Student Member	\$50.00	\$50.00
NON-Member	\$250.00	\$200.00
Student Non-Member**	\$100.00	\$100.00

***No other discounts applied for students. Students are not licensed or practicing in any mental health profession. They must show current enrollment in a regionally accredited college or university as a graduate student in psychology or a closely related profession.*

HELP NPA BE A GREEN ORGANIZATION:

- I will download an electronic copy of handouts (instructions will be sent by email to all registered attendees)
- I am unable to use electronic availability of handouts and need a paper copy made for me (additional fee)

REGISTRATION:

NAME: _____ DEGREE: _____

License #: _____ Profession _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Daytime Phone: _____

- Payment in the amount of \$ _____ is enclosed, by check, payable to NPA
- Please charge my credit card \$ _____ (Complete area below)

Visa/ MasterCard/ Discover/ American Express (circle one)

Account#: _____ Exp Date: _____

Security Code: (3 numbers on back of card; 4 numbers on front of AmEx): _____

Cardholder Name As it appears on the card: _____

Billing Address: _____

Authorized Signature: _____

Register Online At: WWW.NVPSYCHOLOGY.ORG

Fax (credit card only) to: (888) 654-0050 or

Mail with check to: P.O. Box 400671, Las Vegas, NV 89140

GENERAL INFORMATION:

Workshop Location: The workshop will be held at University of Nevada Reno, in the Pennington Medical Education Building, Room 012 (PMEB 012), located at 1664 N. Virginia Street, Reno NV 89557. Parking is available in Silver 10. Parking permits are required and may be purchased at the kiosk for \$7/day. Directions and map available on our website: www.NVPsychology.org.

Refunds & Grievance Policy: Participants may direct questions or complaints to NPA at (888) 654-0050.

An administrative fee of \$30 will be charged for cancellation of registration. Please note, no refunds will be granted after 10/04/2019.

Approval: Nevada Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for the program and its content. NPA will issue certificates of completion by email no later than 5 days after workshop. APA CE rules require that we only issue credits to those who attend the entire workshop. Those arriving more than 15 minutes late or leaving before the entire workshop is completed will not receive CE credits.