

THE NEVADA PSYCHOLOGICAL ASSOCIATION PRESENTS

**Treatment of Insomnia:
An Introduction and Step-by-Step Guide
to Cognitive-Behavior Therapy for Insomnia**
presented by
Joseph M. Dzierzewski, Ph.D.

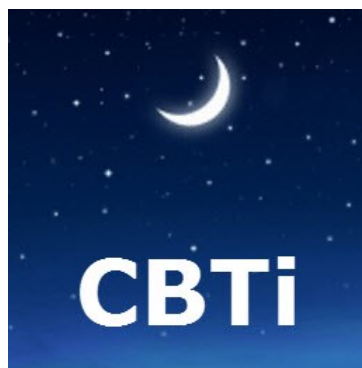
**FRIDAY, October 16th 2020
9:00am—4:30pm**

Virtual Live Webinar

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**

Treatment of Insomnia: An Introduction and Step-by-Step Guide to Cognitive-Behavioral Therapy for Insomnia

Friday, October 16, 2020

About This Workshop:

Insomnia is a very common disorder, impacting 10% of men and 20% of women, and is nearly ubiquitous in patients with other mental health conditions and those experiencing significant life stress. Importantly for mental health practitioners, unaddressed insomnia can impact the course and success of other mental health treatments. The recommended first-line treatment for insomnia is cognitive-behavioral therapy for insomnia (CBT-I). This course is designed to introduce this highly effective approach. After providing foundational knowledge about sleep and covering the basic components of the approach, adaptations for diverse patient groups will be discussed, including adaptations for working with comorbid physical and psychological conditions.

Learning Objectives:

At the end of this program, participants will be able to:

1. Describe how insomnia can impact other symptoms and problems in their patients.
2. Describe the cognitive-behavioral model for the development and maintenance of insomnia symptoms.
3. Implement the cognitive and behavioral components of CBT-I in their work with patients.
4. Identify diverse patient groups that require adaptation to the treatment approach.



About the Speaker:



Dr. Joseph M. Dzierzewski is a licensed clinical psychologist with extensive expertise in the psychological treatment of sleep disorders, including insomnia. Dr. Dzierzewski has an active research program, with over 80 peer-reviewed publications and is investigator on over \$4 million in active research grants. Following stints at both the David Geffen School of Medicine at UCLA and the Greater Los Angeles Healthcare system, he now serves as Associate Professor of Psychology at Virginia Commonwealth University where he is Director of the Behavioral Medicine Concentration within the APAP-accredited doctoral program in clinical psychology. His CV is available online.

Audience:

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

References:

- Dzierzewski, J. M., Ravyts, S. G., Dautovich, N. D., Perez, E., *Schreiber, D., & Rybarczyk, B. D. (2020). Mental Health and Sleep Disparities in an Urban College Sample: A Longitudinal Examination of White and Black Students. *Journal of Clinical Psychology*. Advance online publication. doi: 10.1002/jclp.22974
- Dzierzewski, J. M., Martin, J. L., Fung, C. F., Song, Y., Fiorentino, L., Jouldjian, S., Rodriguez, J. C., Mitchell, M., Josephson, K., & Alessi, C. A. (2019). CBT for Late-Life Insomnia and the Accuracy of Sleep and Wake Perceptions: Results from a Randomized Controlled Trial. *Journal of Sleep Research*, 28(4): e12809. doi: 10.1111/jsr.12809
- Dzierzewski, J. M., *Griffin, S. C., *Ravyts, S. G., & Rybarczyk, B. (2018). Psychological interventions for late-life insomnia: Current and emerging science. *Current Sleep Medicine Reports*, 4(4), 268-277. doi: 10.2007/s40675.018.0129.0
- Rodriguez, J.C., Dzierzewski, J.M., & Martin, J.L. (2015). Chronic Insomnia and its Non-Pharmacological Management: Applications in Long Term Care. *Annals of Long-Term Care: Clinical Care and Aging*, 23(12), 25-29.

Cost of Workshop/Registration 10/16/2020

EARLY BIRD DISCOUNT (BY 09/10/2020)

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)

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: This workshop will be live through a virtual platform. Login link will be sent out by mail to all registered attendees three days prior to workshop. Electronic handouts will also be sent out via email to all registered attendees one week prior to workshop date.

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 10/02/2020.

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 logging into the live webinar more than 15 minutes late or leaving before the entire workshop is completed will not receive CE credits. (i.e. partial credit will not be issued). Post-test and evaluation forms will be sent out electronically by the end of the workshop. Post-tests must be completed to be eligible for CE credit. A passing grade is required to receive CE credits.