



# Managing Sleep Problems

## In People with Anxiety, Depression, Trauma, or Pain

Presented by

**Colleen Carney, Ph.D.**

In this program, Dr. Carney provides easy-to-implement Cognitive Behavior Therapy (CBT) strategies for insomnia and nightmares, especially with those who have co-occurring trauma, anxiety, pain and depression.

The program presents information about sleep regulation, core cognitive & behavioral strategies and adaptations for particularly complex cases.

There will be in-vivo exercises and role play opportunities for workshop participants to practice their new skills at the workshop so that they can implement the strategies into their practice.

### Objectives: Participants will be able to describe:

- How to assess for insomnia, as well as conditions that may be contraindicated for insomnia CBT
- How sleep is regulated
- How to calculate a time-in-bed prescription
- How to collaborate with clients on a sleep schedule
- The rationale for Stimulus Control
- Ways to increase client adherence to instructions
- Cognitive strategies for excessive mentation
- Treatments that address sleep-interfering cognitions
- Ways to adapt treatment components
- How to incorporate CBT for insomnia into ongoing co-occurring treatments

## 12 Hours

### Assessment

- What is insomnia? Practice implications of DSM5—Tips for detecting sleep disorders other than insomnia—Sleep Diaries

### Understand how sleep is regulated

- How body makes up for lost sleep—Body clock—How trauma, pain, depression and anxiety affect sleep

### Step-by-Step CBT-I: Core Elements

- How to present Stimulus Control—Mistakes when setting a time-in-bed prescription—Differences between night owls and early birds—The myth of sleep hygiene

### Cognitive Therapy and Counter Arousal

- Beliefs about sleep effort: The primary target of change in CBT—Using Cognitive Therapy to increase adherence: Behavioral experiments—Surviving the post-lunch dip: Changing fatigue-related cognitions—Addressing worry and rumination

### Final Competencies

- Session-by-session guide—Fostering acceptance -Mindfulness Based Therapy for Insomnia—Fostering sleep self-efficacy to address relapse

### Understanding Comorbidity

- Pain, anxiety, depression and trauma—Must other conditions be resolved before targeting sleep?

### Depression

- Combining behavioral activation with insomnia CBT—Troubleshooting barriers related to anhedonia—Engaging hopelessness—Rumination strategies

### Anxiety and Trauma

- Special considerations for Panic Disorder and OCD—High arousal versus high sleep anxiety—Addressing sleep avoidance and fears in PTSD—Nightmare approaches—Treating anxiety related to using Positive Airway Pressure (PAP) devices for sleep apnea

### Medical issues

- Chronic pain, fatigue and sleep: How each treatment exerts positive influences on all three conditions—Hormones, menopause, pregnancy, menstruation—Medication issues

## Colleen Carney, Ph.D.

Dr. Carney received her Ph.D. in Clinical Psychology from Louisiana State University in 2003. From 2004 through 2008 she was a professor at Duke University Medical Center, where she established the Comorbid Insomnia Clinic. Since 2008 she has been an Associate Professor in the Department of Psychology at Ryerson University, Toronto, where she is Director of the Sleep and Depression Laboratory.

Dr. Carney is one of the leading experts in psychological treatments for insomnia, particularly in the context of co-occurring mental health issues. She is President of the Association for Behavioral and Cognitive Therapies Special Interest Group for Insomnia and Other Sleep Disorders. She frequently trains students and mental health providers in CBT for insomnia at invited workshops throughout North American and at international conferences.

Dr. Carney has over 100 publications, including seven treatment books, book chapters and numerous peer-reviewed publications on the topic of insomnia and depression. She authored the first self-help insomnia book for those with comorbid depression, anxiety, and chronic pain.

Her research is funded by such agencies as the National Institutes of Health and the Canadian Institutes of Health Research. Her research was recently featured on the front page of the New York Times.

Dr. Carney is a passionate advocate for improving the availability of treatment for those with insomnia and other health problems. She is an experienced and engaging speaker, with a talent for explaining complex processes simply and with humor.

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1861 Wickersham Lane, Lancaster, PA 17603 (800) 801-5415

www.JKSeminars.com JK@JKSeminars.com