



CBT for Insomnia (CBT-I)

Presented by

Colleen E. Carney, Ph.D.

Fundamentals in an Online Environment

&

Sleep Problems in the Pandemic Context:

Helping Clients Manage Now and for Life After Restrictions Are Lifted

Overview

As we acclimatize to life in the middle of a pandemic, clients encounter more sleep problems. This training will focus on how to provide CBT for Insomnia remotely through online counselling. Colleen Carney's research in the field of CBT for Insomnia has made this modality one of the most accessible and effective interventions for insomnia. She will provide step-by-step approaches to helping clients get a better night's sleep. This training teaches how and why the pandemic affects sleep and how to help clients adapt and even thrive in this environment, with evidence-based sleep medicine techniques.

Objectives - Participants will be able to describe:

- how to conduct a remote assessment of insomnia.
- the three causes of chronic insomnia.
- how to match the main components of CBT-I to the three causes of insomnia.
- how to identify and assess for sleep problems during the pandemic.
- how to provide treatment advice to essential workers & to those self-isolating.

Colleen E. Carney, Ph.D is an Associate professor and Director of the Sleep and Depression Laboratory. Dr. Carney is a leading expert in CBT-I, and an energetic speaker with over 20 years of training experience. She was the featured guest on the program “Fast Health, How to Sleep Better,” as well as on Netflix’s “A User’s Guide to Cheating Death” (Season 2, Episode 1). She frequently trains students and mental health providers in CBT-I at invited workshops throughout North America and at international conferences. She has produced over 100 publications on the topic of insomnia, including the only CBT workbook written expressly for comorbid insomnia, as well as the only CBT-I case formulation book.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses MFT AOTA

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904 Church Rd., Wyncote, PA 19095-1601 (800) 801-5415

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Practice Level—Intermediate
JK@JKSeminars.com

6 CE Hours