

SLEEP DISORDERS

Assessing and Treating Sleep
Disruption in Your Clients:
Cognitive Behavioral Therapy for Insomnia
(CBT-I)



Dr. Brian Curtis, Ph.D., D.B.S.M.
Founder of Honest Sleep

Brian Curtis, Ph.D. is a clinical psychologist with advanced training and specialization in the treatment of sleep disorders, post-traumatic stress disorder (PTSD), and borderline personality disorder (BPD) in adults. He has considerable expertise in the treatment of chronic insomnia, chronic trauma-related nightmares, and helping people safely and gradually discontinue their use of various sleep medications that they may have been taking for years.

Date: September 8, 2023

Time: 9:00AM - 4:30PM

Location: Virtual **Cost:** \$149.00

6.5 CE Credits Awarded

Learning Objectives

- Describe the prevalence and consequences of sleep disruptions across diverse mental health client populations.
- Explain the functions of sleep, the circadian and homeostatic processes regulating sleep, and how this knowledge informs clinical assessment and treatment.
- Describe diagnostic criteria and utilize standard assessment measures for clinically relevant sleep-wake disorders including insomnia, circadian rhythm disorders, obstructive sleep apnea, restless leg syndrome, and nightmare disorder.
- Explain how to conduct a sleep-focused intake interview including standardized assessment measures in sleep medicine.
- Discuss and practice implementing the central components of Cognitive Behavioral Therapy for Insomnia (CBT-I).
- Apply knowledge from this training using case examples to generate a case conceptualization, individualized treatment plan, and know when referral to a sleep specialist may be warranted.



Pauquette Center for Psychological Services

To register: www.pauquette.com and select professional training.

Questions Contact: Sheila Starr ~ Phone: (608) 742-5518 ~ Email: [sstarr@pauquette.com](mailto:ssstarr@pauquette.com)

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