Course: effective solutions for insomnia disorder and major depression: integrating cognitive behavioural insomnia therapy with cbt for depression

Address: https://asadis.net/en/course/effective-solutions-insomnia-disorder-depression-cbt-treatment/

Duration: 6h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Although many depression treatments don't directly target insomnia, research highlights the importance of addressing it. Indeed, untreated insomnia is linked to poorer outcomes and greater relapse. Additionally, it's important to note that insomnia does not always remit after depression treatment.

To help you with this challenge, Dr Colleen Carney has designed a workshop that illustrates how you can combine Cognitive Behavioral Therapy for Insomnia (CBT-I) with other protocols to treat insomnia and depression at the same time.

The workshop will address practical and evidence-based strategies for managing and treating both conditions. You will be equipped with tools and therapeutic techniques that can be integrated into your practice.

For example, increased time spent out of bed during CBT-I is compatible with the integration of behavioral activation, as well as cognitive behavioral strategies for fatigue. Psychoeducation about activities that promote alertness, sleep, and mood can be helpful across several comorbidities and increase treatment buy-in and motivation.

Similarly, the focus on modifying safety behaviors and threat monitoring, as well as challenging perfectionistic and other unhelpful beliefs is compatible with the focus of providing anxiety strategies.

This workshop will provide considerations for decision-making about sequencing and integration of treatments, as well as suggestions for combining treatments.

All this is provided through didactic instruction, experiential exercises, demonstrations, and clinical handouts from a leader in the field of cognitive behavioral treatment of comorbid insomnia.

Learning objectives:

1. Understand the three causes of chronic insomnia
2. Match the main components of CBT-I to the three causes of insomnia and combine CBT-D and CBT-I without adding sessions
3. Troubleshoot difficulties with getting clients out of bed
4. Collaboratively devise a new sleeping schedule with clients

Learning material:

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert

Prof Colleen Carney is an associate professor in the Psychology Department at Ryerson University and the director of the Sleep and Depression Laboratory. She is a leading expert in the treatment of insomnia, particularly in the context of co-occurring illness. She has over 100 publications on insomnia including six books.

Her recent books for professionals include *Treatment Plans and Interventions for Insomnia: A Case Formulation Approach*, and books for clients include *Goodnight Mind: Turn Off Your Noisy Thoughts* and *Get a Good Night's Sleep*. Dr. Carney is a lively presenter and a passionate advocate for improving access to effective treatment.

Syllabus

PowerPoint
Clinical handouts
Introduction
Reasons to use cognitive behavioral therapy for insomnia
<u>The basics of assessment</u>
What is insomnia?
How to assess?
<u>Other Sleep Disorders</u>
The Epworth sleepiness scale
Sleep apnea

Referral

Sleep regulation: Understanding what regulates sleep to understand insomnia

Homeostatic mechanism

Body clock essential

What causes chronic insomnia?

Homeostatic perpetuating factors

Process C-Cicardian perpetuating factors

The arousal system

Step-by-Step Guide to cognitive behavioral therapy for insomnia

Stimulus control

Why people can't get up at the designated rise time?

People who don't feel like getting up in the morning

Bed as an escape

Sleep restriction therapy

Determine time in bed window

Combined SRT-Stimulus control summary

Sleep hygiene

Counter Arousal

Buffer zone

Processing strategies

Cognitive Therapy

Two basic core beliefs

Let's try an experiment

Session outline

Implementation Issues

Treat depression, insomnia, or both

Combined psychoeducation

A study about people with depression and insomnia

BABIT

The people who can't do it because they feel too tired

Case study

Adaptation

Medication

Questions

Questions

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*