

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

**Address:** <https://asadis.net/en/course/insomnia-disorder-depression-cbt-treatment/>

**Duration:** 6h

**Type of course:** continuing education

**Location:** online course

**Individual price:** 110.00€

### **Overview:**

Many clients being treated for depression suffer from a co-occurring chronic insomnia. If the insomnia is untreated, there is a greater likelihood of poorer outcomes and greater relapse, and the assumption the insomnia will remit after depression treatment is not empirically supported. There are many components of CBT for insomnia (CBT-I) that are complementary to other CBT protocols. For example, increased time spent out of bed during CBT-I is compatible with the integration of behavioural activation, as well as cognitive behavioural strategies for fatigue. Providing clients with psychoeducation about the overlap between pro-alertness, pro-sleep, and pro-mood of optimally-timed, manageable activity increases can be helpful across several comorbidities and increase treatment buy-in and motivation. Likewise, the focus on modifying safety behaviours 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. The workshop includes didactic instruction, experiential exercises, demonstrations, and clinical handouts from a leader in the field of cognitive behavioural treatment of comorbid insomnia.

### **Learning objectives:**

- Understand the three causes of chronic insomnia;
- Match the main components of CBT-I to the three causes of insomnia and Combine CBT-D and

CBT-I without adding sessions;

- Troubleshoot difficulties with getting clients out of bed;
- Collaboratively devise a new sleeping schedule with clients.

### **Learning material:**

The training includes theoretical content as well as clinical examples. This course includes videos that each last 5 to 15 minutes. A power-point is available for download.

**Audience:** This training is intended for mental health professionals.

### **The expert, Prof. Colleen Carney**

Dr. Colleen Carney is an Associate Professor in the Psychology Department at Ryerson University and 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 6 books. Her recent books for professionals include *Treatment Plans and Interventions for Insomnia : A Case Formulation Approach* and books for clients *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**

#### The basics of assessment

What is insomnia?

#### Other Sleep Disorders

The Epworth sleepiness scale

#### Sleep regulation: Understanding what regulates sleep to understand insomnia

Homeostatic mechanism

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

Stimulus control

#### Counter Arousal

Buffer zone

#### Cognitive Therapy

Two basic core beliefs

#### Implementation Issues

Treat depression, insomnia, or both

#### Questions

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