



Behavioral Sleep Medicine – An Introduction to Cognitive Behavioral Therapy for Insomnia

Wednesday, February 22, 2017 (12 - 1 p.m.)

Target Audience:

Physicians, physician assistants, nurse practitioners, nurses, social workers, counselors, psychologists, and other health care professionals.

Description:

Cognitive Behavioral Therapy for Insomnia (CBT-I) is an empirically supported behavioral intervention for Insomnia Disorder and is effective in treating the insomnia complaint in those with co-morbid medical and mental health conditions. Cognitive-Behavioral Therapy for Insomnia (CBTI) is recommended as the first-line treatment for Insomnia Disorder by the Society of Behavioral Sleep Medicine, the American Academy of Sleep Medicine, the American College of Physicians, and the National Institutes of Health. CBTI is superior to medications for long term outcomes, and clinical practice guidelines advise practitioners to defer to CBTI as the standard treatment for insomnia among those with chronic insomnia, among older adults, and among chronic hypnotic users. This training will provide you with an Introduction to Behavioral Sleep Medicine, an overview of CBTI, and a suggested approach to Insomnia Disorder evaluation.

Objectives:

- Define and introduce Behavioral Sleep Medicine (BSM);
- Identify key areas for assessment of Insomnia Disorder; and
- Describe core components of Cognitive Behavioral Therapy for Insomnia (CBT-I).

Fee:

There is no fee for this web conference.

Agenda:

11:55 a.m.	Log-on and Dial-in
12 noon	Web Conference
12:55 p.m.	Question and Answer Session
1 p.m.	Evaluation and Adjournment

Credit:

CEU – 0.1 hour will be awarded for those who attend the webinar and complete an evaluation at the conclusion. Evaluation and certification information will be sent via e-mail after the program. If you would like credit please use the Webex registration form prior to the webinar to make the request.

Speaker:

Cindy Swinkels, Ph.D. Dr. Swinkels is a Clinical Psychologist with the VISN 6 Mid-Atlantic Mental Illness Research, Education, and Clinical Center at the Durham VAMC. She obtained her doctorate and Master's degrees at Drexel University with a specialization in Clinical Health Psychology. She completed her clinical internship at Duke University Medical Center and her Post-Doctoral Research Fellowship with the MIRECC specializing in Behavioral Sleep Medicine. She is currently the Site Lead of a multi-center National VA Call Center – Coaching Into Care (CIC) and is the Special Projects Consultant with VA Central Office on the National Mental Health Summits. In addition, she was an active member of the Behavioral Sleep Medicine Clinic for the past 3 years with a focus on treatments for Veterans related to insomnia, CPAP use, and nightmares. Dr. Swinkels is board-certified in Behavioral Sleep Medicine (CBSM) by the American Board of Sleep Medicine.

Contact:

Althea Bell, Program Assistant
Continuing Medical Education, SR-AHEC
Althea.Bell@sr-ahec.org / 910-678-0112

LOG ON AND REGISTRATION INFORMATION

Part of the Duke Psychiatry Web Conference Series

Use Internet Explorer and confirm Java is up-to-date. Multiple participants at a single site must inform the conference operator of all participants' names. Participants must be logged on and dialed in to fully participate in the web-conference. Five minutes prior to the start of the program, please log-on using the following instructions:

- Join the visual portion by clicking or copying and pasting the link into your browser:
<https://dukemed.webex.com/dukemed/onstage/g.php?MTID=ed70352762f8494a5388805ac538a4299>
*A new link is used for each web conference, so be sure the use the one provided. **You may also use this link to register.**
- First register for the event and then log-in. The password will be 1234.
- This webinar will be broadcast- use your speakers to listen.

If you experience problems dial: 1-650-479-3207.

