

# Practical Sleep Management

## An introduction to

### Cognitive Behavioural Therapy for Insomnia

Insomnia is the most frequently reported psychological symptom in Britain, yet it remains poorly understood, and inadequately treated in most healthcare settings. This workshop is designed to improve the understanding, clinical assessment, and psychological management of chronic sleep problems which arise either alone (as primary insomnia) or in the context of other physical or psychological conditions (as comorbid insomnia). While necessarily introducing new concepts and raising levels of 'sleep literacy', the workshop will aim to build on participant's existing therapeutic and interpersonal skills. The programme first considers the science of sleep and the origins and natural history of insomnia, before focussing on sleep hygiene and the delivery of evidence-based psychological treatment strategies, including sleep restriction, stimulus control, relaxation and cognitive procedures. The workshop will use powerpoint presentations, audio and video presentations, case examples and practical exercises, and will be supported by copies of assessment materials and patient hand-outs.

**Kevin Morgan** is Professor of Gerontology and Director of the Clinical Sleep Research Unit at Loughborough University, specialising in the origins, assessment and treatment of insomnia-type sleep disorders. His publications include over 150 scientific papers and several books (including the seminal *Sleep and Aging*, Johns Hopkins University Press, 1987). He is a Member Academician of the Academy of Social Sciences, an associate Fellow of the BPS, has served as an advisor to the UK Medicines and Healthcare Products Regulatory Agency (MHRA) and National Institute for Health and Clinical Excellence, and is an Associate Editor of *Behavioural Sleep Medicine*.

**Dr Maureen Tomeny** is a Consultant Clinical Psychologist, a visiting Fellow of the Clinical Sleep Research Unit (Loughborough University), a senior fellow of the Institute of Mental Health (University of Nottingham), and Clinical Director of Nottinghamshire IAPT services ("Let's Talk – Wellbeing"). Having started a career in sleep research (exploring the natural history of insomnia symptoms) prior to clinical psychology training, she maintains a specialised interest in the development of psychological services for insomnia, continues to collaborate on RCTs and service developments in this area, and has wide experience in delivering sleep management training to health and social care professionals.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses, coaches and CBT practitioners.  
**This workshop will contribute 6 hours Continuing Professional Development**

28<sup>th</sup> February 2019 09.30 – 16.30  
British Psychological Society  
30 Tabernacle Street  
London  
EC2A 4UE

Prices including lunch & refreshments  
Until 28<sup>th</sup> Jan 2019 - £120 plus vat  
From 29<sup>th</sup> Jan 2019 - £135 plus vat  
For more information or to reserve a place visit :-  
[www.grayrock.co.uk](http://www.grayrock.co.uk)  
[www.stantonltd.co.uk](http://www.stantonltd.co.uk)