

Cognitive Behavioural Therapy for Insomnia (CBT-I) with Professor Jason Ellis



Insomnia disorder is one of the most prevalent and costly sleep disorders worldwide. It is also associated with increased risk for a range of physical and psychological conditions. Despite Cognitive Behavioural Therapy for Insomnia (CBT-I) being the first line treatment for the management of insomnia, its progress has been hampered by few trained clinicians.

The aim of this course is to provide the relevant information from which the learner can identify and assess cases of insomnia and manage cases using the principles of CBT-I). The first day of the workshop will introduce the concept and diagnosis of insomnia disorder, as well as some of the models of insomnia that underpin the use of CBT-I. Then there will be guidance on assessment, including information on other sleep disorders and co-morbidities. The last part of day one will examine when and when not to do CBT-I and introduce you to all the tools you need to undertake CBT-I. Day two will be solely focused on the elements and delivery of CBT-I.

Over 2 days we will learn how to:-

1. Define Insomnia Disorder and its subtypes
2. Be able to assess for Insomnia Disorder and other sleep disorders masking as insomnia (e.g. Restless Legs Syndrome, Periodic Limb Movement Disorder, Narcolepsy) – and identify who is and who is not a suitable candidate for CBT-I
3. Conduct CBT-I under peer supervision, including note and case studies
4. Determine when brief therapies and adjunct therapies are needed

Dr. Ellis is a Professor of Sleep Science and Director of Northumbria Sleep Research in the United Kingdom. He is a qualified Somnologist (Expert in Behavioural Sleep Medicine) from the European Sleep Research Society and a Practicing Psychologist under the HCPC. He splits his time between his basic research interests: the pathophysiology of sleep disorders (Insomnia, Restless Legs Syndrome, and Circadian Rhythm Disorders) and his applied work on Cognitive Behavioral Therapy for Insomnia (CBT-I). He has worked within the NHS delivering CBT-I to individuals with a range of physical and psychological conditions and serves on the editorial boards of *Behavioral Sleep Medicine*, *Frontiers in Sleep and Sleep Health*. He is also the current chair of the research committee for the British Sleep Society. He has consulted for various industries and third-sector organisations and provided national guidelines to the British and Scottish governments on the identification and management of sleep problems. He regularly trains CBT-I and fatigue management workshops to clinicians and primary care physicians in the United Kingdom and internationally.

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 12 hours Continuing Professional Development

Tues 21st – Wed 22nd February 2023 1000 - 1600
WEBINAR. Available to view
after the event for 30 days

Price: £240 plus vat

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