

## Cognitive Behavioural Therapy for insomnia (CBT-I) for complex cases

**Wednesday, October 30, 2019**

**Early-Bird Deadline: October 7, 2019**

### Presenter



Colleen E. Carney, PhD, is an Associate Professor in the Psychology Department at Ryerson University and the Director of the Sleep and Depression Laboratory. She is one of leading experts in the treatment of insomnia, particularly in the context of co-occurring illness. She has over 100 publications on the topic of insomnia, including the only Cognitive Behaviour Therapy workbook written expressly for comorbid insomnias. Dr. Carney was recently the featured guest on Netflix's *A User's Guide to Cheating Death* (Episode 1, Season 2). Dr. Carney is a passionate advocate for improving access to effective treatment, particularly for those with comorbid illness.

### Learning Objectives

- i. Learn key competencies for sleep assessment in non-sleep specialty settings
- ii. Identify behaviours that interfere with the build-up of deep sleep drive
- iii. Restore deep sleep drive with time-in-bed restriction, then expansion
- iv. Identify behaviours that cause circadian dysregulation
- v. Teach clients to calculate their optimal time-in-bed window
- vi. Learn fatigue management and counterarousal strategies
- vii. Learn cognitive strategies for testing beliefs
- viii. Troubleshoot common sticking points in those with comorbid illness
- ix. Discuss whether CBT-I is compatible with approved sleep medication use

### Program Schedule

8:30-9:00	Registration
9:00-10:30	Assessment
10:30-10:45	Break
10:45-12:00	Stimulus Control and Scheduling
12:00-1:00	Lunch
1:00-2:30	Finishing up CBT-I: Counterarousal, Cognitive Therapy, Relapse Prevention
2:30-2:45	Break
2:45-4:30	Implementation issues in those with pain, depression, anxiety and trauma

#### Location:

**Hilton Winnipeg Airport Suites  
1800 Wellington Ave.**

### Information & Registration:

**[www.mps.ca/fall19](http://www.mps.ca/fall19)**