

AGENDA

Helping Patients Sleep: Cognitive-Behavioral Therapy for Insomnia Jennifer Martin, Ph.D.

- 9:00 - 9:10 Welcome, introductions and overview
- 9:10 - 9:30 Understanding insomnia disorder
- 9:30 - 10:30 What clinicians need to know about sleep
- 10:30 -10:35 Break
- 10:35 – 12:00 Behavioral components of Cognitive-Behavioral Therapy for Insomnia (CBT-I)
- 12:00 - 12:50 Lunch
- 12:50 - 2:25 Cognitive and counter-arousal strategies in CBT-I
- 2:25 - 2:30 Break
- 2:30 - 4:00 Adapting treatment for diverse patient populations