

"The most important training you can receive in your career in mental health"

- BPS delegate 2016

Sleep Unlimited ltd

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT – FOUNDATION COURSE

8th November 2019
9.30 – 16.30

This event provides evidence-based information, insight and tools, which will deepen knowledge and understanding of this often-neglected area of clinical practice which has relevance and impact across clinical groups. It is led by engaging sleep psychologist Dr David Lee,

The programme includes:

- Introduction to and purpose of sleep
- Sleep problems in long term conditions, chronic pain, depression, anxiety and other co-morbidities
- Types of insomnia - how to recognise and classify sleep problems
- Non-pharmacological treatments and approaches
- Recognising and assessing issues with sleep
- Impact of good sleep hygiene

DAY TWO: ADVANCED ASSESSMENT AND TREATMENT STRATEGIES FOR PEOPLE WITH INSOMNIA

9th November 2019
9.30 – 16.30

Participants in this session will be able to recognise the presence and importance of sleep disturbances in their various clients, and also provide them with a range of strategies to manage their clients' sleeping problems more effectively. This training is only open to those who have completed our one-day foundation course in sleep assessment and management.

The programme includes:

- A detailed assessment and formulation process
- Examination of the process of Cognitive Behavioural Therapy for Insomnia (CBTi) and treatment options including a stepped-care CBTi suitable for more complex conditions
- Case discussions and an interactive session at the end of the day where delegates can bring their own case examples / client groups forward for consideration within the treatment model

Venue: The Engineers' House, The Promenade, Clifton Down, Clifton, Bristol, BS8 3NB

Friday 8th November and Saturday 9th November 2019

- **One day early bird rate £162 (£135 ex. VAT)**
- **One day standard rate £186 (£156 ex. VAT)**
- **Price for booking both courses: Early bird £270 (£225 ex. VAT) and Standard £339 (£282.50 ex. VAT)**

To book, call us on: 0191 580 0008 | Email: info@sleepunlimited.co.uk| Or book online at: www.sleepunlimited.co.uk/bookings

**Prices include a copy of Dr Lee's book 'Teaching the World to Sleep'*

Tel: 0191 580 0008
Email: info@sleepunlimited.co.uk | www.sleepunlimited.co.uk/bookings

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT

For health and social care professionals

8th November 2019

This course has relevance for medical doctors, nurses, occupational therapists, physiotherapists, social workers, clinical psychologists, neuropsychologists, counsellors, psychotherapists, speech and language therapists, care managers, case managers and others who are interested in understanding the impact of sleep problems on the patients/clients they work with and how to assess and manage these to improve sleep, fatigue and performance.

DAY TWO: ADVANCED ASSESSMENT AND TREATMENT STRATEGIES FOR PEOPLE WITH INSOMNIA

For health and social care professionals

9th November 2019

This course is open to those who have attended our Foundation Course, or who are booking into the Foundation Course on the 8th November.

Mr/Mrs/Miss/Ms/Dr	
Email address	
Correspondence address	
Post code	
Telephone	
Professional background	
Current field of work	
Number of tickets	
Early bird rate £162 (£135 ex. VAT) Standard rate £186 (£155 ex. VAT)	
Price for booking both courses: Early bird £270 (£225 ex. VAT) Standard £339 (£282.50 ex. VAT)	
Total enclosed:	
If applying for the Advanced Course only, please give date/venue of the Foundation Course attended	

You are strongly advised to check that there are places left on the course(s) before submitting your payment, as capacity is limited.
*Early bird rate applies to bookings received on or before the 7th of October 2019.

Payment method: BACS: Barclays, Sort Code 20-40-09, Account number 23858375, or cheque payable to Sleep Unlimited Ltd and sent to: PO Box 269, Consett, DH8 1HA
Receipts will be sent with confirmation of your place on the workshop.

Cancellation: Substitution of delegates may be made at any time, without cost, by emailing us at info@sleepunlimited.co.uk or calling 0191 580 0008. Cancellations must be received in writing. A refund of the course fee, less a processing charge of £25 will be made if the Sleep Unlimited office receives your cancellation on or before the 7th of October 2019. No refunds can be given after this date. Sleep Unlimited are not responsible for delegate travel or accommodation expenses should the event be cancelled.
To order a copy of 'Teaching the World to Sleep' please follow this link: https://www.routledge.com/Teaching-the-World-to-Sleep-Psychological-and-Behavioural-Assessment-and/Lee/p/book/9781782203452