

SLEEP IN PEOPLE LIVING WITH INJURIES.

An introduction to the assessment and management of sleep problems and insomnia in people who have sustained significant, life changing injuries

This course is aimed at all professionals working with people who have complex difficulties to manage in their lives, particularly the treating multidisciplinary team including:

Case Managers, Neurorehabilitation Occupational Therapists, Physiotherapists, Psychologists, Nurses and other neurorehabilitation clinicians working in both paediatric and adult client groups, living either in the community or in care establishments.

This day-long workshop will detail:

- The science of sleep
- Age-related changes in sleep
- Physiological and behavioural mechanisms which control sleep
- The assessment of sleep problems in people with complex presentations

- The use of evidence-based psychological and behavioural treatment interventions with proven efficacy and recommended by NICE - Cognitive Behavioural Therapy for Insomnia (CBTi)

Special focus will be presented for both adults and children who are living with:

- Brain injuries
- Chronic pain
- Fatigue
- Anxiety, depression and trauma-related distress
- Medication side effects
- Ongoing litigation
- Family and professional caregivers

Led by engaging sleep psychologist Dr David Lee.

Venue: The Studio, Riverside West, Whitehall Road, Leeds LS1 4AW

Friday 24th April 2020

Early bird rate £120 (£144 incl. VAT)

Standard rate £135 (£162 incl. VAT)

Early bird rate applies to bookings made on or before Monday 24th March 2020.

SLEEP ASSESSMENT AND MANAGEMENT

Friday 24th April 2020

For health professionals working in neurorehabilitation

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.

Name: Mr/Mrs/Ms/Dr

Email address:

Correspondence address:

Post code:

Telephone:

Professional background:

Current field of work:

Number of tickets:

Early bird rate £144

Standard rate £162

Total enclosed:

You are strongly advised to check there are places left on the course before submitting your payment as capacity is limited.

Early bird rate applies to bookings received on or before Tuesday March 24th 2020.

Payment by the date on your invoice in the following ways: BACS Barclays sort code 20-40-09 account number 23858375 or by cheque made 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 **Tuesday March 24th 2020**. 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-behavioral-assessment-and/pp/book/9781782203452>



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