

LEARN SLEEP.

Cognitive Behavioural Therapy for Insomnia

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT - FOUNDATION COURSE

Friday 4th December: 9.30-16.30

This event provides evidence-based information, insight and tools, which 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 practices

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

Saturday 5th December: 9.30-16.30

Participants in this session will be able to recognise the presence and importance of sleep in their various clients and will be given 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 model 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 Edinburgh Training and Conference Venue, St Mary's Street EH1 1SU
Friday 4th and Saturday 5th December 2020

One day early bird rate £145 (£174 incl. VAT) | One day standard rate £165 (£198 incl. VAT)
Price for booking both courses early bird £240 (£288 incl. VAT) and standard £300 (£360 incl. VAT)

Early bird rate applies to bookings made on or before Monday 2nd November 2020.

'Engaging presenter and great material – so relevant + can immediately recognise the benefits this will bring to clients.'

Edinburgh Delegate 2019

'This course has been so useful and interesting. I have learnt information and techniques I'll use in my practice. It has been most useful to have the evidence base for practice, which is so important.'

Edinburgh Delegate 2019

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT

Friday 4th December 2020

For health and social care professionals

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

Saturday 5th December 2020

For health and social care professionals

This course is open to those who have attended our foundation course or who are booking into the foundation course on Friday 4th December.

Name: Mr/Mrs/Ms/Dr		
Email address:		
Correspondence address:		
Post code:		
Telephone:		
Professional background:		
Current field of work:		
Number of tickets:	Early bird rate £174	Standard rate £198
Price for booking both days:	Early bird rate £288	Standard rate £360
Total enclosed:		
If you are applying for the advanced course only, please give the date and venue of the foundation course attended:		

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 Monday 2nd November 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 **Friday 6th November 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//p/book/9781782203452>



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