

LEARN SLEEP.



Cognitive Behavioural Therapy for Insomnia

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT - FOUNDATION COURSE

Friday 3rd July: 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 4th July: 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 Wesley, 81-103 Euston Street, London NW1 2EZ

Friday 3rd and Saturday 4th July 2020

One day early bird rate £160 (£192 incl. VAT) | One day standard rate £180 (£216 incl. VAT)
Price for booking both courses early bird £262.50 (£315 incl. VAT) and standard £322.50 (£387 incl. VAT)

Early bird rate applies to bookings made on or before Monday 8th June 2020.

'I feel really empowered to get started...engaging and entertaining and the passion was contagious.'

London Delegate 2019

'Fantastic and well worth the money paid. One of the best courses I've done - very practical and empowering.'

London Delegate 2019

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT

Friday 3rd July 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 4th July 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 3rd July.

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|---|----------------------|--------------------|
| Name: Mr/Mrs/Ms/Dr | | |
| Email address: | | |
| Correspondence address: | | |
| Post code: | | |
| Telephone: | | |
| Professional background: | | |
| Current field of work: | | |
| Number of One Day tickets: | Early bird rate £192 | Standard rate £216 |
| Number of Two Day tickets: | Early bird rate £315 | Standard rate £387 |
| 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 8th June 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 12th June 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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