

INFORMATION FOR HEALTHCARE PROFESSIONALS WORKING WITH ADULTS AND CHILDREN

R.E.S.T.™ stands for:

Routine, Environment, Stimulation Control and Thinking, and has been developed as a second generation Cognitive Behavioural Therapy for Insomnia (CBTi).



Cognitive Behavioural Therapy for Insomnia (CBTi) has evolved over the last 40 years into the most widely respected and highly regarded treatment for insomnia across the developed world. The National Institute for Health and Care Excellence (NICE) in the UK recommend CBTi as the first-line treatment for the management of insomnia. However, pre-existing CBTi treatments can lack sophistication in the assessment of clients with insomnia and so generally provide a 'one-size-fits-all' treatment approach.

R.E.S.T.™ uses the well-established efficacious treatment elements of CBTi. However, the R.E.S.T. programme™ improves upon traditional CBTi by providing a detailed and comprehensive assessment procedure, informing bespoke treatment, which is tailored to each client's specific sleep problems.

The personalised treatment provided to each client is specific to them; avoiding unwarranted treatment and focusing only on the factors relevant to the client. As such, the programme is more likely to improve adherence and compliance. It is also less cumbersome in terms of delivery, making the approach more efficient and cost-effective than previous first-generation CBTi approaches.

License to use The REST Programme™

After completing the foundation and advanced courses (see opposite for course content and details of the next events), you may use the concepts of the REST Programme™ in your practise.

Should you wish to use the REST Programme™ assessment form we require you to sign up for a license to do so. We have two levels which form an agreement between us and you and for which you sign up for a year at a time.

Level One – use of the REST Programme™ logo to advertise that you have completed the training course. Handouts for your clients.

Level Two – use of the REST Programme™ logo to advertise that you have completed the training course. Handouts for your clients. A pdf of the REST Programme™ assessment form to use with your clients.

Please contact us for further details:

opencourse@sleepunlimited.co.uk | 0191 580 0008

www.sleepunlimited.co.uk

Feedback from attendees of the 2021 REST Training Programme™:

'Incredibly insightful and detailed training,
delivered in a very engaging manner.
I now feel confident to begin to utilise
these skills in my practice.'

OT

'As an Integrative Counsellor trained in CBT,
this opened up a whole new way of working
with my clients as it provides a tangible and
practical intervention enabling clients to have
control over changes in their life that may well
improve both their physical and mental health.'

'Excellent two days training that have been
extremely beneficial, the trainer was excellent
and all the information was relevant to what I
am currently doing in my role in working with
people living with chronic pain. Thank You.'

Clinical Psychologist

'I had attended sleep training before but I feel
I gained a lot more from this training which
could be practically applied in my work with
clients. The presenter was knowledgeable and
engaging and left sufficient time for answering
questions. I would recommend this training to
other professionals.'

Psychologist

'Your course is the best I have ever been on.'

Psychologist

'Amazing explanations, resulting
in thorough understanding.'

GP

'Gained good skills and the
confidence to use them.'

Clinical Neuropsychologist

'Excellent course – very useful, easy to learn
and I will send my colleagues along!'

Works with young people and children

'Best clinical training course I have attended'

OT

'Covered so much ground – great 2 days, thanks!'

Physiotherapist

'One of the best training courses I've
attended – will be very helpful in my role as
a school nurse with ASD children and their
associated sleep difficulties.'

'Very clear – Dr Lee's enthusiasm is infectious.'

Coach

'Great course - well presented
and very engaging 😊'

Consultant Clinical Psychologist

'Amazing! Left the course with
so much more knowledge.'

Psychiatrist

Course Content:

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT - FOUNDATION COURSE

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

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 NICE recommended 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

Live interactive online training in 2022 (9.30am - 4.30pm):

Friday 11th and Saturday 12th March • Thursday 19th and Friday 20th May
Friday 7th and Saturday 8th October • Friday 2nd and Saturday 3rd December

Price for one day course - **£105 (£126 incl. VAT)**

Price for both days - **£210 (£252 incl. VAT)**

Training across the UK in 2022:

Friday 1st and Saturday 2nd July 2022

at The Wesley Euston Hotel, 81-103 Euston St, London NW1 2EZ

Early Birds – One day rate **£195 (£234 incl. VAT)**. Two days **£310 (£374 incl. VAT)**.

Friday 4th and Saturday 5th November 2022

at The Engineers' House, Bristol, BS8 3NB

Early Birds – One day rate **£165 (£198 incl. VAT)**. Two days **£270 (£324 incl. VAT)**.

To book, please call us on 0191 580 0008, email opencourse@sleepunlimited.co.uk, send us your booking form in the post (details overleaf), or book online at www.sleepunlimited.co.uk/next-courses

Attendees of both days training receive a copy of Dr Lee's book, 'Teaching the World to Sleep'

Booking Form:

Please make sure to book early – the number of places are limited to allow interactive sessions.

Day One – Sleep Assessment and Management

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, coaches 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. This course is open to those who have attended our foundation course or who are booking onto the foundation course at the same time.

Name Mr/Mrs/Ms/Dr/Other (please state)	
Email address	
Correspondence address	
Post code	
Telephone	
Professional background	
Current field of work	
Date and venue of course(s)	
Number of tickets and rate	
Total enclosed	
If you are applying for the advanced course only, please give the date and venue of the foundation course attended	
Please provide any invoice instructions, including who to invoice and contact details/PO number if relevant	
If attending a venue, please let us know if you have any dietary requirements	

Terms and Conditions for Booking:

Terms and Conditions for Booking: You are strongly advised to check there are places left on the course before submitting your payment as capacity is limited. Early bird rates apply to bookings made one calendar month before the course. Payment by the date on your invoice (details of how to pay are on your invoice). 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 opencourse@sleepunlimited.co.uk. 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 one calendar month before the course date. No refunds can be given after this date. Sleep Unlimited are not responsible for delegate travel and accommodation expenses should the event be cancelled. You may move your place to another venue or online course for a processing fee of £15 up to a month before the course depending on availability – please contact us to arrange this – and note the difference in course cost, this may mean a refund or an additional charge. To order a copy of Teaching the World to Sleep please follow this link: [https://www.routledge.com/teaching-the-world-to-sleep\(1\)psychological-and-behavioural-assessment-and//p/book/9781782203452](https://www.routledge.com/teaching-the-world-to-sleep(1)psychological-and-behavioural-assessment-and//p/book/9781782203452)

I understand that this event is not designed as a train the trainer event, and the information that I receive during the REST™ training remains the intellectual property of Sleep Unlimited Ltd and will only be used alongside my current practise to help my clients and I will not disseminate the training further.

I have read, understood and agree to the terms and conditions for booking.