

Continuing Medical Education



Penn Medicine

The Department of Psychiatry and the
Penn Behavioral Sleep Medicine Program

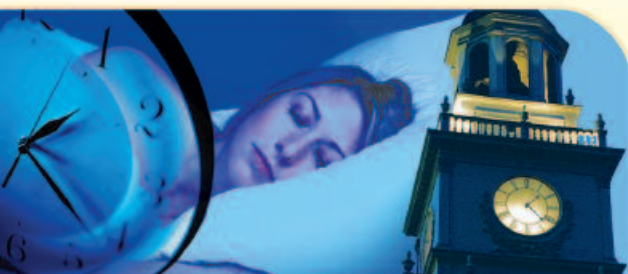
Presents

Cognitive Behavioral Therapy for Insomnia **CBT-I 2009**

SAVE THE DATE:

THURSDAY-SATURDAY

NOVEMBER 12-14, 2009



A CME-CERTIFIED COURSE

**Loews Philadelphia Hotel
1200 Market Street
Philadelphia, PA 19107**

COURSE DIRECTOR:

Michael L. Perlis, PhD

Associate Professor of Psychology in Psychiatry
Director, Penn Behavioral Sleep Medicine Program
Department of Psychiatry
University of Pennsylvania School of Medicine
Penn Medicine
Philadelphia, PA

Brochure is available **ONLY** at
<http://cme.med.upenn.edu/eventschedule.html>.
Please scroll down to "Cognitive Behavioral
Therapy for Insomnia CBT-I 2009" to access the
brochure and full course schedule. You can print
the brochure and/or register for the course online.

Thursday-Saturday, November 12-14, 2009

Cognitive Behavioral Therapy for Insomnia CBT-I 2009

Target Audience and Course Overview

The purpose of this activity is to provide training to Clinical Psychologists, PhD/NP level nurses, and physicians in the treatment of Insomnia. While the course is primarily focused on CBT-I, 2-3 hours will also be spent on the medical management of insomnia.



Michael L. Perlis, PhD
Course Director

The course will provide a comprehensive overview of what it takes to practice Cognitive Behavioral Therapy for insomnia (CBT-I).

After completion of this educational activity, the seminar attendees should be better able to:

- Define insomnia according to ICSD-2 and RDC criteria
- Review population and clinical course issues regarding insomnia
- Identify and explain the major theories related to etiology and pathophysiology of insomnia
- Compare and contrast the major methods of treatment
- Conduct a differential diagnosis in intrinsic sleep disorders
- Assess the merits and applicability of the available medical treatments
- Determine who is a good candidate for CBT-I
- Conduct CBT-I with peer supervision

Further, this course can serve as the first step of several to establish the attendee's eligibility for the Academy of Sleep Medicine's BSM examination. Steps include: The course, follow-up with assigned readings, additional CE experiences in both Sleep Medicine and Behavioral Sleep medicine, and 500 hours of supervised practice.

"...a must for any practitioner or sleep center looking to start a program for the treatment of insomnia."

— Arlene S., APN, Little Rock, AR

"Dr. Perlis is not only a well-respected scholar in the field but a wonderful instructor... it has revolutionized my thinking..."

— David H., PhD, Mukilteo, WS

The University of Pennsylvania School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

This activity has been approved for *AMA PRA Category 1 Credits™*.

An application has been submitted to the PA State Nursing Association for approval.

APA: The Department of Psychiatry University of Pennsylvania is approved by the American Psychological Association to sponsor continuing education for psychologists. The Department of Psychiatry University of Pennsylvania maintains responsibility for this program. Each lecture carries 23.0 CE credits.

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For more information, contact:

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