

# Practical Sleep Management

## An introduction to

### Cognitive Behavioural Therapy for Insomnia

Insomnia is the most frequently reported psychological symptom in Britain, yet it remains poorly understood, and inadequately treated in most healthcare settings. This workshop is designed to improve the understanding, clinical assessment, and psychological management of insomnia which arise either alone (as primary insomnia) or in the context of other physical or psychological conditions (as comorbid insomnia). While necessarily introducing new concepts and raising levels of 'sleep literacy', the workshop will aim to build on participant's existing therapeutic and interpersonal skills. The programme first considers the science of sleep and the origins and natural history of insomnia, before focussing on sleep hygiene and the delivery of evidence-based psychological treatment strategies, including sleep restriction, stimulus control, relaxation and cognitive procedures. The workshop will use powerpoint presentations, case examples and practical exercises, and will be supported by copies of assessment materials.

**Jason Ellis** is a Professor of Sleep Science and Director of Northumbria Sleep Research. He is a qualified Somnologist - Expert in Behavioural Sleep Medicine from the European Sleep Research Society and a Practicing Psychologist under the HCPC. He has worked within the National Health Service in the United Kingdom, delivering CBT-I to individuals with a range of physical and psychological conditions and serves on the editorial boards of *Behavioral Sleep Medicine and Sleep Health*. He is also the current chair of the research committee for the British Sleep Society. He has consulted for various industries and third-sector organisations and provided national guidelines to the British and Scottish governments on the identification and management of sleep problems. He is a serious advocate of public engagement and professional education with regard to behavioral sleep medicine and regularly trains CBT-I and fatigue management workshops to clinicians and primary care physicians in the United Kingdom and internationally.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses, coaches and CBT practitioners.  
**This workshop will contribute 6 hours Continuing Professional Development**

4<sup>th</sup> September 2020 09.30 – 16.30  
WEBINAR

Prices:-  
£120 plus vat

For more information or to reserve a place visit :-  
[www.grayrock.co.uk](http://www.grayrock.co.uk)  
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