

# My Top 5 Insights in Working with Insomnia

## By Professor Jason Ellis

We asked international sleep expert Professor Ellis to come up with his 5 top insights from decades of working in the field of insomnia.

Find out during this webinar in which you can interact with the speaker and other delegates. Sleep problems are not always the primary diagnosis for clients in mental health services, but many people with conditions such as depression and anxiety have difficulties sleeping.

During Covid-19, with mental health workers under pressure, it is important that CPD is affordable, easily accessible, does not take too long, and gets straight to the point.

Experts in our 'top insights' series work specifically to this brief.

**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 1.5 hours Continuing Professional Development**

Fri 19<sup>th</sup> Feb 2021 1030 - 1200  
WEBINAR. Available to view  
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