



SCNI
Sleep and Circadian Neuroscience Institute

Cognitive Behavioural Therapy for Insomnia

A two-day masterclass at Somerville College, Oxford

4th – 5th November 2019

Introduction

Insomnia is the most commonly experienced problem with sleep, with as much as one in 10 of the adult population likely meeting criteria for diagnosis. In primary care, poor sleep is second only to pain in frequency of presentation. Chronic poor sleep is associated with cognitive impairment, low health-related quality of life, absenteeism, and increased healthcare usage, as well as increased risks for the development of a range of both physical and mental health problems.

The case for the effective treatment of sleep disturbance is, therefore, unequivocal, not just in its own right but also because of the additional benefits that it may convey to other areas of physical and mental health.

With robust theoretical foundations and a solid evidence-base, Cognitive-Behavioural Therapy for Insomnia (CBT-I) is now the recommended first-line treatment for insomnia in international clinical guidelines. Its efficacy has been demonstrated across a range of clinical populations. Delivered by world-leading clinical and scientific experts in the field, this course sets out to provide attendees with the practical training and theoretical knowledge to apply CBT-I in their clinical practice.

Who is the course for?

This course is aimed primarily at clinical professionals, including psychologists, psychiatrists and physicians, technologists, nurses, allied health professionals and clinical researchers.

How is the course delivered?

The course will be delivered through a series of talks and workshops, allowing plenty of time for discussion and interaction. It will run for two days, with lunch and refreshments provided and with a dinner at Brasenose College, Oxford in the evening of the first day.

Who is delivering the course?

The course is being offered by the Sleep and Circadian Neuroscience Institute (SCNI) at the University of Oxford and will take place at Somerville College situated near the centre of town. The training will be led by Professor Colin Espie, Dr Dimitri Gavrilloff and Dr Simon Kyle.

Registration and Fees

Places on the course are limited and so we advise booking soon to confirm your place on the training. Booking can be made through the University of Oxford Online Shop. Fees for the course are £550 and include refreshments and lunch during the training and dinner at Brasenose College, Oxford.

Provisional programme

Day 1 – Monday 4th November 2019

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| 0830-0900 | Registration |
| 0900-0915 | Welcome and introduction |
| 0915-1030 | The basics of sleep and sleep-wake regulation |
| 1030-1045 | Break |
| 1045-1130 | Insomnia: Overview, models and epidemiology |
| 1130-1230 | Assessment of insomnia and screening for other sleep disorders |
| 1230-1330 | Lunch |
| 1330-1400 | CBT-I: An evidence-based integrated approach |
| 1400-1500 | Stimulus control therapy |
| 1500-1515 | Break |
| 1515-1615 | Sleep restriction therapy |
| 1615-1645 | Foundations of healthy sleep: Sleep hygiene |
| 1645-1715 | Role play exercise |
| 1715-1730 | Plenary and close |
| 1900- | Dinner at Brasenose College |

Day 2 – Tuesday 5th November 2019

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| 0830-0900 | Tea, coffee and pastries |
| 0900-1030 | Psychophysiological arousal and its management |
| 1030-1045 | Break |
| 1045-1200 | Cognitive therapy |
| 1200-1300 | Lunch |
| 1300-1345 | Emerging therapies: Mindfulness and acceptance-based approaches |
| 1345-1500 | Sleep in specialist populations |
| 1500-1515 | Break |
| 1515-1630 | Case discussion and formulation |
| 1630-1700 | Resources and the use of technology |
| 1700-1730 | Plenary, certificates and close |

Click here to book your place now:

<https://tinyurl.com/OxfordCBTMasterclass>

Enquiries to: sleepmedicine@ndcn.ox.ac.uk