

EVIDENCE-BASED ASSESSMENT AND TREATMENT OF INSOMNIA

***Presenters: Ana I. Fins, Ph.D.
William Wohlgemuth, Ph.D.***

**Friday, April 24, 2020 ♦ 9:00 a.m. – 5:00 p.m.
Fort Lauderdale, Florida**

About 40% of the population experiences difficulty falling or staying asleep at some time in a given year, while 10% of people suffer chronic insomnia. This workshop provides practical and up-to-date advice on current approaches to assessment, diagnosis, and treatment of insomnia. Attendees will learn to correctly identify and diagnose insomnia and gain hands-on information on how to carry out treatment with the best evidence base: cognitive behavioral therapy for insomnia (CBT-I). The American Academy of Sleep Medicine (AASM) and the American College of Physicians (ACP) both recognize CBT-I as the first-line treatment approach to insomnia.

Level of Curriculum Content: Intermediate

PROGRAM LOCATION

Nova Southeastern University
Carl DeSantis Bldg. (H. Wayne Huizenga School of Business & Entrepreneurship)
Knight Auditorium – Room 1124
3301 College Avenue
Ft. Lauderdale, FL 33314

For maps and directions to Nova Southeastern University, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

ABOUT THE PRESENTERS

William K. Wohlgemuth, Ph.D. graduated from the University of Miami with a degree in Clinical Health Psychology. Following his internship, he completed postdoctoral training at Duke University Medical Center in the behavioral sleep medicine clinic. During that time, he was involved with several clinical trials investigating the efficacy of CBT-I. Since 2005, Dr. Wohlgemuth has been the director of the behavioral sleep medicine clinic at the Bruce W. Carter VA Medical Center in Miami. He is actively involved in training psychology practicum students and interns. Dr. Wohlgemuth is certified in behavioral sleep medicine by the American Academy of Sleep Medicine.

Ana Imia Fins, Ph.D. received her doctorate in Clinical Health Psychology from the University of Miami. She completed predoctoral and postdoctoral training in behavioral sleep medicine at the Durham, NC, Veterans Affairs Medical Center and at the Duke University Sleep Disorders Center. Currently, she is a professor at the College of Psychology at Nova Southeastern University, where she also co-directs the insomnia clinic. For 20 years Dr. Fins has been training students in the application of behavioral sleep medicine intervention strategies for the treatment of insomnia and other sleep disturbances.

The presenters are co-authors of Insomnia, a book in the series "Advances in Psychotherapy - Evidence-Based Practice."

PROGRAM OBJECTIVES

Participants will be able to:

- Describe the symptoms of insomnia, its epidemiology and prevalence, as well as its economic impact
- Identify the course and prognosis of insomnia
- Explain the basic functioning of the sleep and circadian systems
- Distinguish among various theoretical models (behavioral, cognitive, physiological) of insomnia
- Describe the most up-to-date DSM-5 diagnostic criteria for insomnia and recognize important comorbidities and differential diagnoses
- Accurately utilize primary assessment methods for insomnia including clinical interview and sleep diaries as well as other appropriate instruments for the evaluation of symptoms and treatment outcome
- Describe the independent evidence-based approaches to insomnia treatment (e.g., psychoeducation, stimulus control, sleep restriction) and explain how these are effectively combined into a comprehensive cognitive behavioral therapy for insomnia (CBT-I)

PROGRAM AGENDA

8:30 a.m. – 9:00 a.m.	Registration and refreshments
9:00 a.m. – 10:30 a.m.	Foundations of insomnia: epidemiology, symptoms, course, prognosis
10:30 a.m. – 12:00 p.m.	Theories and models of sleep and insomnia
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:30 p.m.	Assessment and diagnosis of insomnia
2:30 p.m. – 5:00 p.m.	Evidence-based treatments for insomnia and case discussions

For additional information on continuing education policies, please visit our web site at <http://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/21.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/21.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive 7 continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP). The College of Psychology offers two programs, (1) the M.S. in School Counseling and (2) the Psy.S. in School Psychology, for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), www.ncate.org. This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Registration Form
UTILIZING COMPREHENSIVE ASSESSMENTS TO INFORM INTERVENTION
PLANNING FOR ATTENTION CONCERNS IN SCHOOLS
Friday, April 24, 2020

NAME: _____ DEGREE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE (work): _____ TELEPHONE (home): _____

EMAIL ADDRESS: _____

Please email me about future workshops: yes no

CHECK ALL THAT APPLY:

psychologist school psychologist mental health counselor

social worker marriage and family therapist

other _____

License # _____ State _____

NSU COLLEGE OF PSYCHOLOGY:

faculty adjunct faculty part-time core faculty full-time staff

doctoral student master's student specialist student CPS alumnus

WORKSHOP FEES:

Advanced Registration (*by April 15*)
\$98.00

Regular/On-Site Registration (*after April 15*)
\$120.00

check/money order payable to Nova Southeastern University

TO REGISTER WITH A CREDIT CARD, PLEASE VISIT OUR WEBSITE AT
<http://psychology.nova.edu/CE>

MAIL CHECKS TO:

Nova Southeastern University College of Psychology
ATTN: Suzanne O'Sullivan
3301 College Avenue
Fort Lauderdale, Florida 33314-7796

REFUND AND CANCELLATION POLICY: A full refund or a full credit for another program will be issued for cancellations received no later than one week prior to each workshop date. Credit toward another program will be awarded for cancellations after that date. The university reserves the right to cancel the program due to low registration.