

# **EVIDENCE-BASED ASSESSMENT AND TREATMENT OF INSOMNIA: Part 1**

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

**Friday, May 7, 2021 ♦ 10:00 a.m. – 12:00 p.m.  
ZOOM Webinar**

Approximately 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 will review the epidemiology of insomnia. Additionally, it will focus on current theoretical models of the development and maintenance of insomnia. These models will include behavioral, cognitive and physiological approaches to understanding insomnia. Basic physiological functions associated with the sleep system will be covered.

*Level of Curriculum Content: Intermediate*

## **Zoom at a Glance**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

## 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, Florida. 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 I. 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 in Nova Southeastern University's College of Psychology, 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, prevalence, course and prognosis, as well as theoretical models (behavioral, cognitive, physiological) of insomnia.
- Explain the basic functioning of the sleep and circadian systems in order to understand and effectively implement sleep interventions.

## PROGRAM AGENDA

10:00 a.m. – 10:30 a.m.	Symptoms, epidemiology, prevalence, course and prognosis of insomnia
10:30 a.m. – 11:30 a.m.	Behavioral, cognitive and physiological explanations of insomnia
11:30 a.m. – 12:00 p.m.	Dual Process Model of Sleep, models to guide insomnia intervention

**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. 03/31/23

**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 two (2) 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 for its students and the community. The college offers three American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology; Psy.D. in School Psychology); a specialist program in school psychology; master's degree programs in mental health counseling, school counseling, counseling, forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The college also has two APA-accredited doctoral internship programs.

## 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.) clinical psychology program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) school psychology 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](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist and doctoral programs in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology hold 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 the (2) the Psy.S. in School Psychology 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](http://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.