

Topic: Cognitive Behavioral Therapy for Insomnia (CBT-I)

Date & time: Saturday, June 20th from 8:00am-12:30pm

Presenter: Nelson Binggeli, PhD

Cost

EBHA members \$80; non-members \$120

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Presenter bio: Dr. Nelson Binggeli is a licensed psychologist with over 20 years of experience as a psychotherapist. For the past 6 years, he has been on the staff of The Corvallis Clinic where he is affiliated with their Sleep Medicine Department. Dr. Binggeli has engaged in advanced study of behavioral sleep medicine and is skilled in treating insomnia and circadian rhythm sleep disorders. He has helped many people overcome chronic insomnia and related sleep difficulties.

Training description: Cognitive Behavioral Therapy for Insomnia (CBT-I) is based on a scientific understanding of the behavior changes that are necessary to restore normal sleep patterns. It is a brief therapy (often 4-8 sessions) that has a high rate of success in treating chronic insomnia. It is superior to medication because it

treats the maintaining factors for insomnia and helps people to learn new skills that prevent a recurrence of chronic insomnia.

Workshop schedule and agenda

8:00 to 10:00am. We will cover the following topics:

- The basics of sleep science
- Common maintaining factors for insomnia
- An overview of CBT-I
- Behavioral sleep assessment
- How to use a Sleep Diary
- Case conceptualization and treatment planning
- Patient education
- Best practices for good sleep
- Stimulus control
- Systematic sleep scheduling

10:00 to 10:30am: Break

10:30am to 12:30pm. We will cover the following topics:

- Cognitive therapy
- Relaxation and mindfulness techniques
- Addressing other sleep disorders (e.g., sleep apnea; circadian rhythm disorders; nightmares)
- Medication-related issues
- Diversity issues
- Ethics and risk management
- Ways to increase patient engagement