



SCNi
Sleep and Circadian Neuroscience Institute

Cognitive Behavioural Therapy for Insomnia

A two-day masterclass at Wolfson College, Oxford

11–12 July 2016

Introduction

Sleep has a vital role to play in immune system response, mood regulation and memory formation. If the sleep system is undermined we see effects across all of these domains. Poor or disrupted sleep has been implicated in immunological disease, cancer, cardiovascular disease and diabetes. Poor sleep is also associated with mood disruption and anxiety. Periods of insomnia have been shown to predict the onset of depressive episodes. Poor sleep will affect our performance at work, as it is associated with higher error rates, reduced productivity, and impairment in our capacity to read social cues. Insomnia is the most common sleep disorder, second only to pain among reasons for people to seek medical advice.

As the field of sleep medicine advances, the vital importance of sleep is becoming ever more recognised. Cognitive behavioural therapy for Insomnia (CBT-I) is the recommended first-line treatment for insomnia. It has demonstrated efficacy in a range of clinical populations. This course provides participants with the knowledge needed to apply CBT-I in their clinical practice.

The course includes a basic grounding in the physiology of sleep-wake regulation. Following this you will be led through the behavioural and then cognitive components of CBT, working with case examples to illustrate how the therapy can be adapted to specialist populations (such as those with sleep and post-traumatic stress disorder, depression and psychosis).

Who is the course for?

It is aimed at psychologists, psychiatrists, nurses, technologists, physicians, doctoral students, and doctoral graduates

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 provided and a dinner on the second night.

Who is delivering the course?

The course is being offered through the Sleep and Circadian Neuroscience Institute (SCNi) at the University of Oxford. It will be delivered by Dr Phil Gehrman, an Honorary Senior Research Scientist at the SCNi, and Dr Bryony Sheaves, a Research Clinical Psychologist.

Registration and fees

Places on the course are limited. If you would like to attend, please send your CV and a covering letter of no more than 500 words to scni@ndcn.ox.ac.uk, outlining why you are interested in the course. The deadline for applications is 5.00pm (GMT) on Thursday 16 June.

Successful candidates will receive a link to process payment, which will act as confirmation of your place on the course. Payment must be made by 5.00pm on Thursday 30 June. The course fee is £220.

There are plenty of B&Bs and hotels in and around Oxford. You may also stay at Wolfson College: www.wolfson.ox.ac.uk/gallery/bed-and-breakfast. Delegates will be offered a discounted rate.

Timetable

DAY 1	
0900–0945	Registration
0945–1000	Welcome
1000–1100	Sleep-wake regulation: an overview
1100–1130	Break
1130–1230	Sleep-wake regulation continued
1230–1330	CBT-I theories and models
1330–1430	Lunch
1430–1530	Stimulus control
1530–1600	Break
1600–1700	Sleep restriction
1700–1800	Round-up, look-ahead and discussion
DAY 2	
0900–1000	Arousal and sleep hygiene
1000–1100	Cognitive approaches
1100–1130	Break
1130–1230	Combining components
1230–1330	Sleep in specialist populations
1330–1430	Lunch
1430–1530	Sleep in specialist populations continued
1530–1600	Break
1600–1800	Clinical case studies
1800–1900	BBQ dinner