



MENTAL HEALTH
Education and Training Network



Behavioural Interventions for Sleep Disorders

Thursday 27th June 2024

Venue: Virtual delivery

Schedule

9:45 Registration
10.00 Welcome and introduction to the day
16.00 Close

About our trainer: Dr Hugh Selsick, Consultant Liaison Neuropsychiatrist

Dr Hugh Selsick is a Consultant in sleep medicine and psychiatry and lead clinician at the Insomnia Clinic at the Royal London Hospital for Integrated Medicine, University College London Hospitals and Consultant in sleep medicine at the Sleep Disorders Centre at Guy's and St Thomas Hospital. He runs the Sleep Group at the Royal College of Psychiatrists and is a council member of the Sleep Medicine Section at the Royal Society of Medicine. His special interest is in the relationship between sleep disorders and psychiatric disorders.

Cognitive behaviour therapy for insomnia (CBT-I) is a well-established and scientifically validated system for the treatment of chronic insomnia. It leads to significant and durable improvements in sleep that extend well beyond the end of the therapy. It is also effective in patients with comorbid medical and psychiatric disorders and can lead to improvements in those comorbid disorders. CBT-I can be delivered as a package, but it is composed

of a number of separate, circumscribed techniques that can be delivered individually in a routine consultation.

During this training course you will learn the most effective techniques, how to deliver them and how to modify them for your patients. It will give you the tools to improve your patient's sleep and to integrate these tools into your practice.

Learning outcomes

- Learn effective brief behavioural interventions for the treatment of insomnia
- Learn how to do imagery rehearsal and rescripting therapy for nightmares
- Understand how to apply some of these techniques to other sleep disorders

Content

- Harnessing the homeostatic sleep drive to treat insomnia.
- Using classical conditioning to treat insomnia.
- Thought management techniques to quieten the mind at night.
- Progressive muscle relaxation
- Imagery rehearsal therapy for nightmares
- Application of techniques to parasomnias including sleepwalking and sleep paralysis.

Target audience

This course is suitable for: psychiatrists, psychologists, sleep technicians, occupational therapists, CBT therapists, GPs, Nurses

Accreditation

This course is awarded 5 CPD hours subject to your peer group approval and in line with RCPsych guidance. Delegates will be required to attend the whole course and register at the start and close of each day in order to gain their certificate of attendance and their CPD points.

Course Fee

**£225+VAT
per delegate
(£270 incl. VAT)**

For more information and enquiries please contact us on 0113 257 2139
or email enquiries@etnetwork.co.uk or visit our website educationandtrainingnetwork.co.uk

Behavioural Interventions for Sleep Disorders

> Delegate booking form

Enquiry date

Booking date

▶ How to book

Online: www.educationandtrainingnetwork.co.uk

Tel: 0113 257 2139 **Fax:** 0113 257 8159

Post: Education & Training Network, Design House,
1 Coal Hill Lane, Leeds, LS28 5NA

▶ Your details *(block capitals please)*

Title: First name:

Last name:

Job Title:

Department: Speciality:

Organisation:

Location/place of work:

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Email (for all correspondence):

Telephone & Mobile Number:

Diet or special requirements:

Have you previously attended an ETN course? Yes No

How did you find out about this course?:

I am happy to receive ETN's future course information Please tick.

Occasionally, ETN would like to send you exciting news and information about our events and services. We will treat your data with respect and you can locate our T&Cs on our website. You can unsubscribe at any time.

▶ Live Webinar Dates

Thursday 27th June 2024

Upon booking, you will receive detailed joining instructions to access the virtual Microsoft Teams platform.

▶ Course Fee

**£225 +VAT per delegate
(£270 incl. VAT)**

▶ Contact us

Education and Training Network

Tel: 0113 257 2139

Fax: 0113 257 8159

Email: enquiries@etnetwork.co.uk

▶ Information about your booking

Confirmation of registration: All bookings will be confirmed in writing. Online bookings will receive an automated confirmation email/receipt. Further information will be sent as soon as possible. We reserve the right to change the programme without prior notice. Where for any reason, beyond its control, ETN cancels an event, the liability of ETN shall be limited to a refund of the fee payable to ETN for that event. You may wish to take out insurance against cancellation.

Cancellation and refunds: All cancellations must be submitted in writing. If verbal cancellations are given, a written communication must follow immediately. If written cancellation is received more than 4 weeks before the event a 80% refund will be given, between 4 weeks and up to 14 days a 50% refund will be given, within 14 days of the event, no refund will be given. Should you be unable to attend, a substitute delegate may attend in your place. Late cancellations may incur additional charges.

Changes to an order/booking: All changes in delegate bookings will be subject to an administration fee.

▶ Payment information

By cheque: a cheque for £..... is enclosed. (Made payable to Education and Training Network UK Ltd)

By BACS: Barclays Bank Sort Code: 20-48-95 Account Number: 53873218. Total payment: £.....

By debit/credit card (you can also book online using your card). Please enter your credit card details as they appear on the card. Please debit my visa/mastercard/switchcard (delete as appropriate)

Cardholder's Name: Card Number:

Start Date: Expiry Date: Issue No (switch only): 3 Digit Security No:

Card address (if different from above)

By Purchase order/Invoice: Please provide the contact details (lead name and telephone number) of the person who will be responsible for the financial reconciliation and full payment of your fee. We must receive a purchase order prior to ETN raising an invoice and payment must be received before the event. Alternatively, your place can be guaranteed with your personal charge card details.

Lead Contact: Contact Number:

Organisations: Please email a BACS Remittance Form / Purchase Order Form as confirmation of payment to admin@etnetwork.co.uk including event name, date and the names of the relevant delegate(s).

Please add the event & date and delegate name as your payment reference.

Individuals: Please add your name and event date as your payment reference.

Your payment will be processed via Sage Pay and your details will not be stored after successful processing.