



MENTAL HEALTH
Education and Training Network



Sleep Disorders Training Course

▶ **Thursday 23rd January 2025**

Schedule

9:30 Registration
10.00 Welcome and introduction to the day
16.00 Close

▶ Psychiatrists and psychiatric patients are increasingly recognising that good sleep is essential to good mental health. In the past, poor sleep was seen as a symptom of mental illness but as we come to understand the relationship between these conditions we have learned that the relationship is much more complex and that poor sleep is a significant risk factor for psychiatric illness. This means that the recognition and treatment of sleep disorders may present novel ways of improving psychiatric outcomes. It is also important to be aware of the impact that psychiatric treatments may have on a patient's sleep, for better or worse. Sleep medicine is a rapidly evolving field,

and the diagnostics and treatment of sleep disorders is increasingly moving out of specialist sleep clinics into other spheres of medicine such as primary care and psychiatry.

By attending this course, you will learn about the range of sleep disorders you may encounter in clinical practice, and will learn how to recognise, investigate and treat these disorders. You will be given practical tools to incorporate aspects of sleep medicine into your routine clinical work and provide effective and holistic treatments for your patients.

▶ **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 majored in physiology at the University of Witwatersrand, Johannesburg before completing an Honours Degree in Physiology and MBChB. 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.

▶ **Learning outcomes**

1. Understand the basic structure and physiology of sleep.
2. Appreciate the importance of sleep in mental health, particularly its role in depression.
3. Be aware of the range of sleep disorders you may encounter in clinical practice.
4. Be able to recognise and screen for sleep disorders in psychiatric patients.
5. Understand the pharmacology of medications used in insomnia in order to prescribe effectively and safely.
6. Learn some effective behavioural interventions for insomnia.

▶ **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**

**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**

Sleep Disorders Training Course

> 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.

▶ Training Date:

Thursday 23rd January 2025

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

▶ Course Fee

£225 +VAT per delegate

▶ 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.