

FIRST FRIDAY FORUM | SEPTEMBER 6, 2024 | 1:00 PM - 4:00 PM | 3 CE CREDITS

## Quick Therapy Win: How Cognitive Behavioral Therapy for Insomnia Can Change Your Practice

Speakers: Daniel Kessler, Psy.D., LP, DBSM and Gayle MacBride, Ph.D., LP

<https://www.mnpsych.org/calendar-of-events>

\*There are two Friday Forums on this date. This is the afternoon session scheduled from 1:00 p.m.-4:00 p.m.

### *Virtual*

This program qualifies for 3.0 continuing education credits

Level: Intermediate: Assumes post-doctoral education status and general familiarity with topic

Audience: Designed for psychologists and other mental health professionals

Location: Registrants will receive a Zoom link to access the session online

This session will be recorded for future use in our online MPA CE21 catalog.

### **About the Program:**

This presentation is designed to introduce psychologists to Cognitive Behavioral Therapy for Insomnia (CBT-I), an evidence-based approach to diagnosing and treating insomnia. The session will begin with an overview of insomnia, discussing its prevalence and the significant impact it can have on patients' quality of life, mental health, and physical health. Participants will learn why proficiency in treating insomnia is a critical skill for psychologists, given the strong correlation between sleep disturbances and various psychological disorders.

The core of this presentation will focus on the principles and techniques of CBT-I, including stimulus control and sleep restriction. We will discuss the value (and significant limitations) of medications, relaxation, and sleep hygiene. Each component will be explored in detail, providing attendees with a comprehensive understanding of how these techniques are applied and how they work to improve sleep patterns and significantly decrease mental health symptomatology.

This training will provide real-life applications and attendees will gain the skills to begin using these techniques in their practice. Attendees will leave with a deeper understanding of CBT-I and its importance, how and when to apply it in their professional practice, supported by empirical research and practice guidelines.

*This program qualifies for 3.0 continuing education credits. Attendees must attend the entire session to gain credit. Registration fee includes access to live webinar, program agenda, program PowerPoint, and continuing education certificate.*

*The speakers have indicated no conflicts of interest to report.*

**Participants will be able to:**

1. Describe sleep disorders and increase comfort with diagnosis and treatment.
2. Apply the 4 P model.
3. Identify the assessment tools necessary in the treatment of insomnia.
4. Describe a basic CBT-I protocol.

**About the Presenters:**

**Daniel Kessler, Psy.D., LP, DBSM** has been working with insomnia and other sleep problems for 13 years. He has his Diplomate in Behavioral Sleep Medicine and has been teaching introductory courses in CBTI; since 2016. In addition to his work with sleep, Dr. Kessler treats anxiety, relationships and sexual concerns and Men's Issues. After working together for more than 10 years at Big Corporate Healthcare, Dr. Kessler and Dr. MacBride founded Veritas Psychology Partners, a small, boutique, telehealth private practice serving Minnesota and the 40 other PsyPact states. In his free time, Dan is the Vice Skip of a staggeringly mediocre curling team, Hank's Boiler Repair, and in 2022 was a DFL candidate for Minnesota Senate.

**Gayle MacBride, Ph.D., LP** began working with patients on their insomnia about 10 years ago and noticed a few things. First, it was very rewarding because people started getting better quickly and second, it played to her CBT strengths. After several advanced courses in the treatment of insomnia, she began to specialize in this area. She now co-owns a private practice where this is a primary presenting concern for her clients. She continues to contend that if you treat sleeping problems, you might be able to reduce a client's distress by 50%. If you can do that, you have their attention and motivation for the rest of the work they need to do.

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**Accessibility Accommodations:** If you need disability-related accommodations to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.

**Register online @ <https://www.mnpsych.org/calendar-of-events>** or complete the form below and fax or mail your registration to protect this information. Please do not email credit card information.

Name:

Degree:

Licensure:

Institution/Agency:

Address:

City/State/Zip:

Email:

Phone:

Registration is available until the event begins.

Fee: MPA member: \$60 Non-member: \$95 Student: \$15 Retired-member: \$30 (No CE Credit) *Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$

Check (made payable to MPA) Visa MC American Express *All credit card fields are required*

Card Number:

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Credit card billing address: Same as above or write here:

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