

# The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

## FIRST FRIDAY FORUM

Friday, March 1, 2019

Cognitive Behavioral Therapy for Insomnia – What Clinicians Need to Know  
and Skills to Use with Your Clients

Michael Schmitz, Psy.D., LP; Samantha Anders, Ph.D., LP

**Registration:** 8:30 – 9:00 a.m.

*This session is at the intermediate level  
and is designed for psychologists and other  
mental health professionals.*

**Location:**

Metropolitan State University – St. Paul Campus Auditorium  
700 East Seventh St., St. Paul, MN 55106

**Program:** 9:00 a.m. – 12:00 p.m.

### About the Program:

*This program qualifies for 3.0 continuing education credits.*

Estimates of the prevalence of insomnia and sleep dissatisfaction for the general population range to 30%. These issues are even higher in clients seen in psychotherapy. Cognitive behavioral therapy for insomnia (CBTI) is a short-term, effective treatment, but few providers are trained in this intervention. The first half of the program will focus on research evidence and how CBTI therapists conceptualize these cases. The second half of the program will focus on concrete skills you can use with your clients, two to three case presentations, and participants' case consultations and questions.

#### Participants will be able to:

1. Apply the conceptualization of insomnia in behavioral and cognitive terms they can discuss with their clients.
2. Explain the efficacy of CBTI versus medications.
3. Analyze patients' sleep behaviors and cognitions to be able to provide concrete suggestions to their patients to help them improve their sleep.

### About the Presenters:

**Michael Schmitz, Psy.D., LP**, is a clinical health psychologist who is certified in behavioral sleep medicine. He received his degree from the University of St. Thomas, Counseling Psychology. He established the Abbott Northwestern Hospital Behavioral Sleep Medicine Program in 2000 and in 2009 and a primary-care based Behavioral Sleep Medicine program within the Allina Health System. He currently serves as the Director of the Behavioral Sleep Health Program for Fairview Health Services Sleep Program. He is a past president of the Society of Behavioral Sleep Medicine and current president of the Board of Behavioral Sleep Medicine overseeing specialty credentialing in the field of behavioral sleep medicine.

**Samantha Anders, Ph.D., LP**, is a clinical health psychologist who works in the Minnesota Regional Sleep Disorders Center within Hennepin Healthcare using behavioral sleep medicine. She received her degree from the University of Minnesota, Counseling Psychology. She established the Minnesota Regional Sleep Disorders Center Behavioral Sleep Medicine Program in 2014. She is a member of the Society of Behavioral Sleep Medicine.

*The presenters have reported no conflicts of interest.*

**Please note: You must attend the full 3-hour program to get continuing education credit for the event.**

### About First Friday Forums:

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.

**EARLY BIRD SPECIAL FEES:** Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

**REGULAR REGISTRATION:** Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

**CONFIRMATION/CANCELLATION:** Registrations are confirmed by receipt of forms on a first-come, first-served basis. 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.

**ACCESSIBILITY ACCOMMODATIONS:** If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



**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. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

**WEATHER-RELATED CANCELLATION POLICY:** On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, [www.metrostate.edu](http://www.metrostate.edu). Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

# MPA First Friday Forum • March 1, 2019

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

If you register **by** February 22, select the **Early Bird Registration** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

If you register **after** February 22, select the **Regular Registration** Fee:  MPA member: **\$55**  Non-member: **\$75**  Student: **\$25**

Total Amount Enclosed: \$ \_\_\_\_\_

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Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ [www.mnpsych.org](http://www.mnpsych.org)

## Return To:

### Minnesota Psychological Association

4248 Park Glen Road

Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



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## LOCATION: Metropolitan State St. Paul Campus Auditorium

### Directions

**From west:** I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

**From east:** I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

### Bus

**Bus Route:** 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)  
These buses may have any terminal letter.

### Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

### Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).

