

# Integrating Evidence-Based Strategies for Insomnia, Fatigue and Nightmares into Non-Sleep Specialty Practices



*Presented by:*

**Colleen E. Carney, PhD, C.Psych.**  
*Department of Psychology  
Ryerson University*

**Thursday, October 23 and  
Friday, October 24, 2014**

*9:00 am - 4:15 pm*

*Registration & refreshments, 8:00 am*

*Lunch on your own, 11:45am - 1:00pm*

**Li Ka Shing Knowledge Institute**  
*St. Michael's Hospital  
209 Victoria St., Toronto, ON  
2nd Floor Auditorium (Room 111)*

## ABOUT THE PRESENTER

**Dr. Colleen E. Carney** is an Associate Professor and Director of the Sleep and Depression Laboratory in the Department of Psychology at Ryerson University in Toronto. She is one of the leading experts in the world in Cognitive Behavioural Insomnia Therapy for those with co-occurring health conditions, most notably depression. Her work was featured recently on the front page of the New York Times. Her clinical trial research has been funded by the National Institutes of Mental Health, the Canadian Institutes of Health Research, The Ontario Ministry of Research and Innovation, the National Institute for Nursing Research and the Social Science and Humanities Research Council. Dr. Carney has over 100 publications, including seven treatment books, book chapters and numerous peer-reviewed publications on the topic of insomnia and depression. She co-authored the first self-help insomnia book for those with comorbid depression, anxiety, and chronic pain. She trains graduate therapists at Ryerson, as well as health professionals in Cognitive Behaviour Therapy for insomnia, fatigue, and depression. She is an active presenter on this topic; providing workshops and presentations to professionals across Canada, the United States, and Europe.

## WORKSHOP OVERVIEW

This 2-day workshop provides training in evidence-based strategies for assessing and treating insomnia, fatigue, nightmares and claustrophobia to apnea treatments (e.g., the Positive Airway Pressure mask). Cognitive Behaviour Therapy (CBT) is the first line recommended treatment for insomnia (NIH, 2005). Participants will learn step-by-step strategies for delivering CBT, and how to troubleshoot common implementation problems for complex clients. Particular focus will be on adherence and delivery issues commonly encountered in those with pain, depression, or anxiety problems. There will be in-vivo exercises and role play opportunities for workshop participants to practice their new skills, and all participants will receive a detailed handout.

### Participants will learn:

- Strategies for assessing insomnia and other sleep disorders in DSM-5
- How sleep is regulated and how to use this information in CBT
- Evidence-based behavioral strategies for treating insomnia and fatigue
- Evidence-based cognitive-behavioral strategies for nightmares and claustrophobia associated with Positive Airway Pressure masks (i.e., apnea treatment)
- Cognitive strategies for insomnia and fatigue
- Mindfulness and acceptance-based approaches for insomnia
- Ways to adapt treatment components in those with co-occurring conditions

# AGENDA

## DAY 1

- Assessment for Insomnia and Other Sleep Disorders
- Explaining Sleep Regulation to Clients
- Stimulus Control
- Time-in-Bed Restriction
- Cognitive Therapy
- Counter Arousal Methods
- Mindfulness
- Relapse Prevention

## DAY 2

- Depression
- Anxiety Disorders
- Nightmare Treatment
- Treating Claustrophobia related to Positive Airway Pressure (Apnea treatment)
- Chronic Pain and Fatigue
- Menopause
- Medication issues

## Registration Information

Please complete online registration at:

**[www.psych.ryerson.ca/workshop/carney](http://www.psych.ryerson.ca/workshop/carney)**

### Registration Fees (plus 13% HST)

\$199 (early bird fee received September 26, 2014)

\$249 (regular fee, professional)

\$95 (student fee, with copy of valid student ID\*)

\* Please email ([workshops@psych.ryerson.ca](mailto:workshops@psych.ryerson.ca)) or fax (416.599.5660) a copy of your student ID within 1 week of registering online.

### Payment Options

Upon registering online at **[www.psych.ryerson.ca/workshop/carney](http://www.psych.ryerson.ca/workshop/carney)** you will have two payment options:

**Option 1:** Payment by credit card (Visa or Mastercard) via the online registration page.

**Option 2:** Payment by cheque (payable to "Ryerson University") and mailed (within 10 days of registering online) with a copy of your online registration invoice to:

**Dr. Martin M. Antony**

Department of Psychology, Ryerson University  
350 Victoria Street, Toronto, ON M5B 2K3

**Cancellation Policy:** Refunds subject to \$15 cancellation fee. No refunds after October 1, 2014.

**Space is limited. Please register as soon as possible.**

### Directions

The Li Ka Shing Knowledge Institute (2nd Floor Auditorium, Room 111) is located at 209 Victoria Street, at the corner at Victoria and Shuter streets (one block east of Yonge St., between Dundas and Queen).

**Parking:** Underground paid parking is available below the Keenan Research Center in the Li Ka Shing Knowledge Institute. Enter from Victoria Street. Parking is also available at the Eaton Centre, as well as other nearby locations.

**Public Transit:** The workshop venue is a short walk from either the Dundas St. or Queen St. subway stops on the Yonge Street line.

### Map



If you have any **questions** please contact:  
[workshops@psych.ryerson.ca](mailto:workshops@psych.ryerson.ca)

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