

TREATING SLEEPING PROBLEMS

A Psychological Approach

A Workshop with Professor Steven J. Linton



Dansk Sundhedspsykologisk Selskab

This interactive workshop focuses on psychological methods in the treatment of common sleep problems e.g. insomnia, sleep deficit, and so-called “social jet lag” (sleep phase delay). In order to understand sleeping difficulties and as a basis for providing psychoeducation, we will begin by reviewing the psychological and biological basis of sleep. We will then proceed to assessment techniques where we will work actively via demonstrations and role play with standard procedures for diagnosing common problems. Because psychological techniques are the current treatment of choice, techniques for treating insomnia, the most common form of sleeping disorder, will be in focus. However, modern sleep problems now include sleep deficit and sleep phase delay. These are often associated with our modern lifestyle and the 24/7 availability of modern technological devices e.g. computers, films, and games which in part result in too little sleep (deficit), but also a shifting of sleep between workdays and weekends (phase delay). Therefore, we will also work with treatment strategies for these problems. These include skills training and the use of behavioral experiments.

A feature of the workshop is an opportunity to actively learn the “how-to” aspects of assessment and treatment. Participants will gain practical experience through a variety of demonstrations, video clips, case presentations, discussion, and role-play. In this way, each participant will have the possibility to advance their clinical skills.

Steven J. Linton is professor of clinical psychology and the director of the Center for Health and Medical Psychology (CHAMP) where one major line of research is on sleep. This research ranges from the treatment of adults with insomnia, to the treatment of co-morbid problems where sleep is a feature (e.g. depression and insomnia or pain and insomnia). Currently, a large research project focuses on the rise of sleep problems in youth and programs for intervention.

Overview of the two-day workshop:

Day 1

Morning

The psychology and biology of sleep
Assessment strategies overview and materials
Practical application

Afternoon

Treating insomnia
Overview & demonstrations
Practical application

Day 2

Morning

Treating insomnia as a co-morbid problem
Using behavioral experiments
Practical application

Afternoon

Treating sleep deprivation (i.e. getting too little sleep)
Interventions for sleep phase delay
Practical application

Kurset foregår i Dansk Psykolog Forening, Stockholmsgade 27, 2100 København Ø. Kurset foregår på engelsk

Tid: Torsdag d. 26 januar 2017 kl. 9.00-16.30 og fredag d. 27 januar 2017, kl. 9.00-15.30. Der serveres frokost og eftermiddagskaffe.

Tilrettelagt for psykologer og læger. Andre faggrupper med relevante forudsætninger kan udgøre 25%. Max 25 deltagere. Der søges om godkendelse til specialist uddannelsen.

Pris 2500,- for medlemmer, og 3000,- for ikke medlemmer. 2500 for studerende.

Kursusbeløbet indsættes på konto 0400 4012576779. Ved offentlig ansættelse skal EAN-nummer oplyses med henblik på betaling.

Tilmelding til Eva Gall, eg@sundhedspanykologi.org