

ALLINA HEALTH

Caring for Patients with Complex Sleep Problems: Advanced Topics in Behavioral Sleep Medicine



Saturday, September 17, 2016
8:30 am – 5 pm

Sunday, September 18, 2016
8:30 am – 12 noon

Allina Commons at the Midtown Exchange
Pettingill Hall | 2925 Chicago Ave
Minneapolis, MN 55407



Allina Health 

Caring for Patients with Complex Sleep Problems: Advanced Topics in Behavioral Sleep Medicine September 17-18, 2016

Registration deadline: **September 15**

Deadline to reserve hotel rooms at discounted rate: **September 16**

Cancellation deadline: **September 15**

TUITION FEES

	GENERAL REGISTRATION On or before September 15, 2016	REGISTRATION AT THE DOOR After September 16, 2016
SBSM Conference attendee both days	\$195	\$225
SBSM Student member with student ID both days	\$100	\$110

To ensure a comfortable environment, attendance may be capped; early registration is recommended.

MEMBERSHIP

Join and save! If you are not a member of the SBSM and would like to become one, join the SBSM and receive benefits such as journal subscriptions, access to online member portal, and much more. Visit the SBSM website at **www.behavioralsleep.org** for membership information including a complete listing of benefits and description of all membership categories. Membership is on a calendar-year basis (January 1–December 31).

QUESTIONS

Kathryn Hansen
859-312-8880
kathryn@behavioralsleep.org

Krista Lee
612-262-5038
krista.lee@allina.com



GENERAL COURSE INFORMATION

TARGET AUDIENCE

This course is intended for advanced practice psychologists, physicians, advanced practice nurses, and other healthcare providers treating patients with sleep disorders. This course is suitable for providers who have extensive experience in behavioral sleep practice or have already completed a beginner/intermediate level course on behavioral treatment for insomnia.

OVERVIEW/PURPOSE

This advanced course will examine state-of-the-art assessment and treatment strategies in behavioral sleep medicine through didactic lectures, case presentations and group discussions. The course is structured around three content areas: 1) complex insomnia cases in adults; 2) women and sleep disorders; and 3) special topics in pediatric insomnia. At this course, attendees will learn from experts how to apply innovative behavioral sleep treatment for a variety of patients with complex presentations.

OBJECTIVES

- Upon completion of the course, participants should be able to:
- Identify treatment targets and link them to cognitive behavioral strategies
- Tailor behavioral treatments for insomnia in patients with co-morbidities
- Employ effective techniques to address non-adherence to behavioral treatments for insomnia
- Recognize the challenges resulting from combined pharmacological and cognitive behavioral treatments for insomnia
- Outline common challenges and strategies associated with sleep medication tapering
- Identify special considerations for sleep medication use in patients with co-occurring medical conditions
- Describe normal sleep patterns and sleep disorders in women during menopause
- Tailor CBT-I to women during menopause
- Integrate BSM services within the medical model (Obstetrics & Gynecology clinics)
- Outline changes in sleep patterns in women during pregnancy and postpartum
- Identify the key hormonal changes that impact sleep during pregnancy and the postpartum period
- Develop a treatment plan for sleep disorders in women during pregnancy and the postpartum period
- Identify intrinsic factors and behavior phenotypes of sleep disturbance in school-age children and adolescents
- Formulate a cognitive behavioral sleep treatment plan tailored for pediatric patients' needs and preferences
- Describe adaptations for the use of CBT-I in adolescents with co-morbid delayed sleep wake phase disorder
- Utilize behavioral sleep interventions to improve bedtime problems and night awakenings in young children
- List special considerations for behavioral sleep treatment in children with Autism Spectrum Disorder and Developmental Delay



DAY INCLUDES

This one-and-a-half-day course includes educational credits, note pad, validated free parking, and light continental breakfast both days along with afternoon snack on Saturday. Lunch is on your own.

AGENDA

Saturday, September 17

7:30 AM	Registration and Continental Breakfast
8:20	Welcome
9:45	15 Minute Break
12:00	90 Minute Lunch on your own
2:45	15 Minute Break
5:00	Adjourn

Morning Session – When a CBT-I Manual is Not Enough: Treating Insomnia in Complex Cases

8:30-9:45 AM

A Case Formulation Approach to CBT-I: Meeting Clients Where They Are

Keynote Speaker: Colleen Carney, PhD, CPsych

Associate Professor and Director of the Sleep and Depression Laboratory,
Ryerson University

Upon completion of the course, attendees will be able to:

- Identify treatment targets and link them to cognitive behavioral strategies
- Tailor behavioral treatments for insomnia in patients with comorbidities (e.g., major depressive disorder)
- Employ effective techniques to address non-adherence to behavioral treatments for insomnia

9:45-10:00 Break

10:00-11:00

CBT-I and Challenges Associated with Sleep Medication Use

Speaker: Michael Schmitz, PsyD, CBSM

Clinical Director, Behavioral Sleep Medicine

Hospital-based Psychology Services

Abbott Northwestern Hospital at Allina Health

Upon completion of the course, attendees will be able to:

- Recognize the challenges resulting from combined pharmacological and cognitive behavioral treatments for insomnia
- Outline common challenges and strategies associated with sleep medication tapering
- Identify special considerations for sleep medication use in patients with co-occurring medical conditions

11:00-12:00

Case Presentations and Discussion

12:00-1:30 pm

Lunch on your own

Afternoon Session – Women and Sleep: Treatment Considerations Across the Reproductive Period

1:30-2:45

Sleep and Menopause: It's a hot mess!

Speaker: Sara Nowakowski, PhD, CBSM

Assistant Professor, The University of Texas Medical Branch

Upon completion of the course, attendees will be able to:

- Describe normal sleep patterns and sleep disorders in women during menopause
- Tailor CBT-I to women during menopause
- Integrate BSM services within the medical model (Obstetrics & Gynecology clinics)

2:45-3:00 Break

3:00-4:00

Sleep during Pregnancy and the Postpartum Period

Speaker: Snigdha Pusalavidyasagar, MD, FAASM

Assistant Professor of Medicine

Division of Pulmonary, Critical Care, Allergy and Sleep Medicine

University of Minnesota Medical Center

Upon completion of the course, attendees will be able to:

- Outline changes in sleep patterns in women during pregnancy and postpartum
- Identify the key hormonal changes that impact sleep during pregnancy and the postpartum period
- Develop a treatment plan for sleep disorders (e.g., insomnia, obstructive sleep apnea, and restless legs syndrome) in women during pregnancy and the postpartum period

4:00-5:00

Case Presentations and Discussion

Advanced registration deadline is September 15, 2016

AGENDA

Sunday, September 18

7:30 AM	Registration and Continental Breakfast
8:20	Welcome
9:45	15 Minute Break
12:00	Adjourn

Morning Session – Children Who Keep You Up At Night: Treatment Challenges in Pediatric Behavioral Sleep Medicine

8:30-9:45 am

The Science and Art of CBT-I for Child and Adolescent Insomnias: Fitting Treatments to Phenotypes

Keynote Speaker: Danny Lewin, PhD, DABSM
Associate Director of Pediatric Sleep Medicine
Children's National Medical Center

Upon completion of the course, attendees will be able to:

- Identify intrinsic factors and behavior phenotypes of sleep disturbance in school-age children and adolescents
- Formulate a cognitive behavioral sleep treatment plan tailored for pediatric patients' needs and preferences
- Describe adaptations for the use of CBT-I in adolescents with co-morbid delayed sleep wake phase disorder

9:45-10:00: Break

10:00-11:00

Insomnia in the Littlest Ones: Behavioral Sleep intervention for Infants, Toddlers, and Preschoolers

Speaker: Sarah Morsbach Honaker, PhD, CBSM
Director of Behavioral Sleep Medicine, Riley Children's Hospital
Assistant Professor, Indiana University School of Medicine

Upon completion of the course, attendees will be able to:

- Utilize behavioral sleep interventions to improve bedtime problems and night wakings in young children
- List special considerations for behavioral sleep treatment in children with Autism Spectrum Disorder and Developmental Delay

11:00-12:00 pm

Case Presentations and Discussion

HANDOUTS/COURSE MATERIALS

In an effort to Go Green, the SBSM/Allina Health will provide course materials only in electronic format only.

Registered attendees will be emailed a handout link 7 business days prior to the course to access handouts. This will give you an opportunity to download/print the presentations prior to the event.

You will be provided with a notepad and packet at registration. Free Wi-Fi is available at the Allina Commons should you want to follow along on your phone or tablet during the day.

Please note: The SBSM/Allina Health will not supply computers or tablets to view the material, power for computers or tablets or internet access. Attendees wishing to view the course materials on their laptops or tablets, it is imperative that attendees have them sufficiently powered prior to arrival at the course each day.

RECORDING

Photographing and/or recording, of any kind, of sessions and speakers at the course is strictly prohibited.

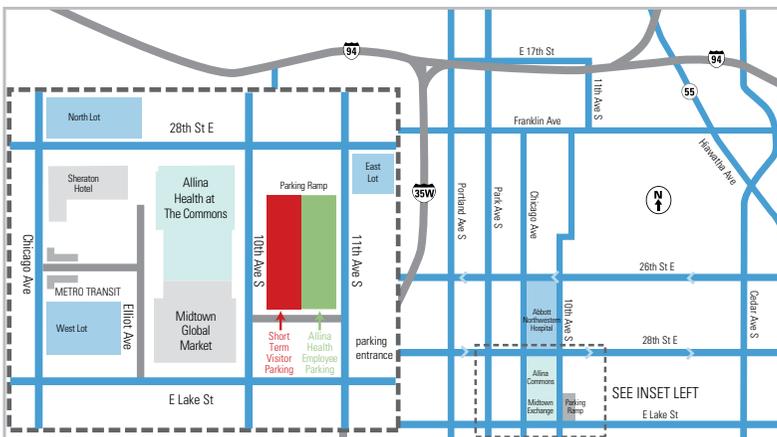
LOCATION

Allina Commons at Midtown Exchange
Greenway Level, Pettingill Hall A & B
2925 Chicago Ave | Minneapolis, MN 55407-1321
Allina Commons Security Desk: 612-262-5100

PARKING

Allina Commons parking is located in the ramp adjacent to the Midtown Exchange Building on 10th Ave S.

In order to validate you for free parking you must bring your ticket in with you. If you are an Allina Health employee we ask that you bring your badge with you. We are not able to validate for any other ramps if you mistakenly park somewhere other than Midtown Exchange ramp.





HOTELS & SHUTTLE DETAILS

Room reservation deadline is Tuesday, August 16.

Reference: SBSM Conference – Caring for Patients when making reservations.

We have room blocks at the following two hotels:

Sheraton Midtown Hotel

Located on the Allina Commons Midtown Campus, no shuttle required

1-866-837-4196

\$109 + tax per night

Hilton Garden Inn Minneapolis Downtown

Hotel shuttle will bring you to and from the Midtown Exchange building at your convenience

1-877-782-9444

\$139 + tax per night

The Allina Commons at the Midtown Exchange building is located just minutes from downtown Minneapolis, if you prefer to stay at another location of your choice.

SUCCESSFUL COMPLETION REQUIREMENTS & ACCREDITATION

Successful completion by participants

Learners must complete the check-in process at registration, actively engage in activity content and complete the activity evaluation (online).

Online evaluation

Opens Saturday, September 17 and closes Monday, October 3 (2-weeks)

An electronic conference evaluation will be sent to the email address that you provide during registration. It is important that you take the time to complete this survey during the two week period to successfully complete requirements of the course and receive your certificate.

Certificate/evidence of attendance

Certificates will be emailed to attendees on Monday, October 10.

If for any reason you need to leave early, we ask that you please check out at the registration desk. Learning & Development must accurately document the actual number of credits claimed by the participant.

PLANNING COMMITTEE

Suzie Bertisch, MD, MPH

Instructor in Medicine, Harvard Medical School
Department of Pulmonary, Critical Care, and Sleep Medicine
Beth Israel Deaconess Medical Center

Megan Crawford PhD

Assistant Professor
Section of Sleep Disorders and Sleep Research
Rush University Medical Center

Kathryn Hansen BS, CPC, CPMA, REEGT

SBSM Executive Director

Krista Lee, BS

Program Specialist, Learning & Development
Allina Health

Sarah Morsbach Honaker, PhD, CBSM

Director of Behavioral Sleep Medicine, Riley Children's Hospital
Assistant Professor, Indiana University School of Medicine

Michael Schmitz, PsyD, LP, CBSM

Clinical Director
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FACULTY

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Clinical Director
Behavioral Sleep Medicine Hospital-based Psychology Services
Abbott Northwestern Hospital at Allina Health

ACCREDITATION

Physician

Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Allina Health designates this live activity for a maximum of 9.75 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Psychology

This program is pending approval by the Minnesota Board of Psychology for 9.75 continuing education hours.

Social Work

This program is pending approval by the Minnesota Board of Social Work for 9.75 continuing education hours.

Nurse

This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements for 9.75 hours of credit. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.

Please note: Continuing medical education credits (ACCME) are accepted by the American Nurses Credentialing Center's Commission on Accreditation (ANCC) for certification renewal if the content is applicable to the area of certification. Continuing education hours approved by the ACCME meet the ANCC-accredited continuing nursing education (CNE) criteria.

Respiratory Care

The American Board of Respiratory Care program application has been submitted for approval for up to a maximum of 9.75 CEs for the program. Participants should only claim those hours of credit actually spent in the educational activity.

Sleep Techs

CEC Program application has been submitted for approval by the American Association of Sleep Technologists." Individuals must accurately and legibly complete all required provider documents. Participants should only claim those hours of credit actually spent in the educational activity. The program application has been submitted for approval for up to a maximum of 9.75 CECs for the program.

COURSE REGISTRATION, CONFIRMATION & CANCELLATION POLICY

To register

Advanced registration deadline is **September 15, 2016**

Online: www.behavioralsleep.org

Mail: complete registration form and mail to:

Society of Behavioral Sleep Medicine
Attn: Kathryn Hansen – SBSM Course
1522 Player Drive
Lexington, KY 40511

Tuition

Payment deadline is **Thursday, September 15, 2016**. You will not be considered registered for the course until registration and tuition fees are received. Questions regarding receipts and payments call 859-312-8880.

Registration confirmation

A registration confirmation will be sent automatically via email from online registration or from kathrynhk@msn.com within one week of receipt of registration form and tuition payment if not completed online at www.behavioralsleep.org. All attendees receive a discount if registration and payment received by **September 15, 2016**.

The SBSM/Allina Health will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for a course.

CANCELLATION POLICY

Written notification must be submitted to Kathryn Hansen at the SBSM National Office for registration cancellation. A \$50.00 administrative fee will be withheld on cancellations postmarked prior to Thursday, September 15, 2016. After this date, no refunds will be available. Refunds are not provided to no-shows.

The SBSM/Allina Health reserves the right to cancel this course and provide a full refund should conditions warrant. The refund will only include the cost of registration for the course. In the unlikely event the event is cancelled SBSM/Allina Health are not responsible for costs incurred by participants for items such as hotel, travel, etc.

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Advanced Topics in Behavioral Sleep Medicine
September 17-18, 2016

REGISTRATION FORM

(please print)

Last name _____ First name _____

License No. _____

Circle all titles:

PsyD PhD CBSM APRN RN MD DMD DDS LCSW RPSGT RRT CRT

Home address _____

City _____ State _____ ZIP _____

Phone # _____ Email _____

PAYMENT

PayPal VISA MasterCard American Express Check *(payable to SBSM)*

Card # _____ Security code: _____ Exp. date _____

Name on card _____

Upon receipt of this registration form and payment, the SBSM will email you a confirmation of your payment.



Learning & Development

PO Box 43, Mail Route 10701
Minneapolis, MN 55440-0043

Our mailing lists are purchased from outside vendors so we are not able to remove names. If you receive a duplicate please share with your colleagues! For additional brochures please call 612-262-5038.