

Outline

Assessment Techniques to Evaluate Sleep Disorders

Sleep mechanisms and importance of circadian rhythms
Key clinical interview questions
Why your clients need a sleep diary and how to implement it
Practical screening questionnaires

Sleep Disorders Associated with Common Mental Health Disorders

Differentiate sleep symptoms vs. mental health symptoms
Prevalence of obstructive sleep apnea with co-occurring disorders

- Anxiety
- Depression
- Additional other disorders

Narcolepsy and its impact on mental health
Correlation between nightmares and suicidality
Sleep recommendations for PTSD
Behaviorally Induced Insufficient Sleep Syndrome
Insomnia increases risk of Alzheimer’s disease
Classes of sleep disorders and their associated mental health symptoms

- Insomnia
- Circadian rhythm sleep-wake disorders
- Sleep movement disorders
- Parasomnia
- Hypersomnia
- Sleep breathing disorders

The Bi-Directional Impact of Medications

Medications can interfere with sleep
Common side effects of hypnotics
Melatonin – how to naturally increase & when to use a supplement
Nutritional supplements and herbal medicine

Sleep Deprivation and Mental Health: Recognize Symptoms and Implement Solutions

- 5 domains of sleep deprivation
- Cognitive performance – decreases simple memory, complex problem solving and verbal fluency
 - Physical performance – increases drowsy driving and auto accidents
 - Physical health – weakens the immune system and increases risks of serious health issues
 - Mental health – intensifies anxiety, impulsivity, and emotional lability
 - Emotional intelligence – impairs moral and ethical decision making

Implement behavior-modifying exercises

Interventions to Correct Circadian Misalignment

Consequences of desynchrony with natural sleep cycle
Treatment plans to protect shift workers from anxiety, depression, and other mental health disorders
Manage mania associated with jetlag

Mental health risks of night owls
Strategies for clients who frequently travel
How to regulate circadian physiology

- Body clock
- SCN in the brain
- Cellular mechanisms

Balance out melatonin rhythm

Assess Children’s Sleep Issues and Implement Strategies to Improve

ADHD, sleep disorder, or both?
Obstructive Sleep Apnea often mistaken as other mental health symptoms in children
Restless Legs Syndrome
Sleep and naps are critical for development and growth
Children’s sleep screening and recommendations
Step-by-step guide for parents to help kids sleep better

Techniques to Evaluate and Improve Teen Sleep

How to determine a teenage client’s natural circadian rhythm
Dangers of sleep deprivation in adolescents

- Increased negative risk taking
- Correlation between lack of sleep and suicidality
- Decreased academic achievement and decision making ability
- Higher rates of juvenile delinquency
- Driving drowsy and car accidents

Tools for increasing teens’ sleep
School start time – how to advocate for change

Practical Methods to Create a Sleep Healthy Lifestyle

Develop individualized healthy sleep plans for your clients – not a cookie cutter approach
Get clients to “yes” in prioritizing optimal sleep
Behavior-modifying exercises to help clients snap out of their sleep-depriving habits
Address family and couple dynamics to allow everyone healthy sleep
Tips and tricks for evening cell phone use to promote better sleep
Techniques to reinforce long-term sleep health
When to make a referral

- What clients can expect from sleep disorder treatments

Live Seminar & Webcast Schedule (Times Listed in Pacific)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50 - 1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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SLEEP
..... AND
Mental Health

Non-Medication Interventions to Restore Sleep Quality and Improve Clinical Outcomes

Lynnwood, WA
Thursday, November 7, 2019

Tacoma, WA
Friday, November 8, 2019

Live Video Webcast
Friday, November 8, 2019

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SLEEP
..... AND
Mental Health

Non-Medication Interventions to Restore Sleep Quality and Improve Clinical Outcomes

- Key sleep quality questions you should be asking at every intake
- Increase your clients’ capacity to cope, make healthy decisions, and comply with treatment recommendations
- Simple and effective strategies for helping all clients change their sleep-depriving habits
- Interventions to address insomnia, disrupted sleep, nightmares, hypersomnia and more!

Lynnwood, WA
Thursday, November 7, 2019

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Friday, November 8, 2019

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SLEEP AND Mental Health.....

How many of your clients have sleep issues?

Or maybe the real question is how many of your client don't?

Where we used to think mental health problems caused insomnia, we now know that the relationship is more circular than causal. Risky and addictive, drugs aren't the answer. But without addressing sleep issues, and intervening in this vicious cycle, your treatment plans for mental health issues will likely be less effective and yield less successful outcomes.

You CAN help your clients improve their sleep and make your treatment of mental health issues more effective than ever before...and you don't need to be a sleep expert to do it!

Whether you work with anxiety, depression, trauma, bipolar or any other disorders, this one- day training will give you the sleep assessment tools and treatment techniques you need to guide clients out of their sleep deprived world so you can improve clinical outcomes.

Attend this training and discover how you can:

- Naturally improve sleep in clients without the use of addictive medication
- Identify sleep disorders and differentiate them from mental health symptoms
- Improve sleep for clients of all ages – from kids to adults
- Snap clients out of sleep-depriving habits with behavior changing exercises

Sign up today, and add a new tool to your toolbox to bring greater healing to your clients through the power of sleep!

Speaker

Catherine Darley, ND is a leader in integrative sleep medicine. She founded The Institute of Naturopathic Sleep Medicine, Inc in 2003, and since then has helped people of all ages sleep well using behavioral and naturopathic approaches for sleep disorders. Dr. Darley led the Start School Later initiative in Seattle, which succeeded in improving school hours for more than 50,000 students. She teaches at Bastyr University and the National College of Natural Medicine and is on the inaugural panel of experts for the Sleep Cycle Institute. Dr. Darley is published in numerous professional journals, has been quoted in several popular magazines, and has appeared on TV to share her expertise. She received her Doctor of Naturopathic Medicine from Bastyr University and completed a preceptorship at the Stanford University Sleep Disorders Center. She is an expert and dynamic speaker, teaching a wide range of groups through engagement, storytelling, and with a clear explanation of the mechanisms of sleep, circadian physiology, and treatment protocols.

Speaker Disclosures:
Financial: Catherine Darley founded The Institute of Naturopathic Sleep Medicine, Inc. She is on faculty at Bastyr University and the National College of Natural Medicine. Dr. Darley receives a speaking honorarium from PESI, Inc.
Non-financial: Catherine Darley has no relevant non-financial relationship.

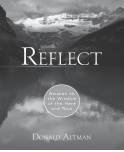
Objectives

1. Identify which mental health symptoms accompany the many sleep disorders and its clinical implications.
2. Assess your clients' symptoms for sleep disorders that impair mental health to improve treatment outcomes.
3. Teach clients how to identify their optimal sleep quantity and resolve their sleep debt to improve client level of functioning.
4. Develop an optimal individual sleep treatment plan for your clients and implement skills to help them adopt the sleep healthy lifestyle.
5. Determine when referral for further sleep disorders treatment is an appropriate approach to manage symptoms.
6. Evaluate the mechanisms by which insufficient sleep and sleep disorders contribute to mental health problems for purposes of client psychoeducation.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on November 8, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75030

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Reflect
Awaken to the Wisdom of the Here and Now

By Donald Altman, M.A., LPC

If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. *Reflect* taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.



Digital Detox Card Deck
56 Practices to Help You Detox, De-Stress, Distract and Discover

By Goali Saedi Bocci, PhD

Buzzing, ping-pong and grasping for our attention, our phones and screens can cause significant distress, as we lose touch with reality and the importance of self-care and emotional well-being. Take advantage of the 56 practices inside to detox from your devices, feel rejuvenated, find healthier coping skills, and embrace the present moment.

Target Audience: Counselors • Social Workers • Psychologists • Psychotherapists
Therapists • Addiction Counselors • Marriage and Family Therapists • Case Managers
Nurses • Physicians • Psychiatrists • Other Mental Health Professionals



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Washington Marriage & Family Therapists: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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Psychiatrists & Physicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Washington Social Workers: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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