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# Learning Hub: Cognitive Behavioral Therapy for Insomnia

Yes, cognitive behavioral therapy can be used to treat sleeping problems! This course is packed full of strategies that may help clients to experience better quality and duration of sleep. Cognitive Behavioral Therapy for Insomnia teaches how to modify the cognitive, behavioral, and emotive symptoms of sleep disorders using techniques like sleep restriction, stimulus control, and psychoeducation on sleep hygiene. You can use these techniques to help a variety of clients who find it difficult to fall and stay asleep. *NOTE: Cognitive Behavioral Therapy Foundations—A Skills-Based Approach is a prerequisite for this course. You will not receive credit for this course unless you have first completed Cognitive Behavioral Therapy Foundations.*

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# LEARNING HUB OVERVIEW

**ESTIMATED COURSE LENGTH:** 2 hrs. 15 min.

**CE CREDITS:** **2.25** continuing education hours for social workers and psychologists / **1.50** continuing education hours for counselors

**TARGET AUDIENCE:\*** Mental Health Providers

**LEVEL OF INSTRUCTION:** Advanced

**PREREQUISITE(S):** **Cognitive Behavioral Therapy Foundations: A Skills-Based Approach**

**INSTRUCTIONAL METHOD:** Self-paced; interactive; hybrid of audio, text, video, and learning checks

**ACCESSIBILITY ACCOMMODATIONS:** Closed captioning of all audio and video components. *In order to request further accessibility accommodations, please email [support@psychhub.com](mailto:support@psychhub.com).*

**REGISTRATION:** To enroll in this or any other Psych Hub Learning Hub, go to [lms.psychhub.com](https://lms.psychhub.com), click “Log In” to create a new account or access your existing account, return to [lms.psychhub.com](https://lms.psychhub.com) to access a list of Learning Hubs, click the title of the Learning Hub in which you are interested, and follow the instructions on the page.

*\*Note: We have categorized our Learning Hubs based on suggested/targeted audiences. However, everyone is encouraged and welcome to take any Learning Hubs.*

## LEARNING HUB PACKAGES & PRICING

This Learning Hub is available individually or as part of different packages as well as with or without supplementary videos. Continue reading to learn what each purchase option includes.

### ***Cognitive Behavioral Therapy for Insomnia*** ★

- **Course modules:** 6 modules with over 20 components in each module (components consist of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games and more)
- **Supplementary PDFs:** 5 downloadable PDFs expanding on relevant course topics

### ***Cognitive Behavioral Therapy for Insomnia (Videos Included)*** ★

- **Course modules:** 6 modules with over 20 components in each module (components consist of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games and more)
- **Supplementary PDFs:** 5 downloadable PDFs expanding on relevant course topics
- **Refresher videos:** 2 provider videos to highlight key concepts in Cognitive Behavioral Therapy for Insomnia
- **Client videos:** 2 companion videos for your clients specifically designed to reinforce skills learned in cognitive behavioral therapy for insomnia treatment; over 120 mental health literacy videos for clients on a host of mental health topics

## Cognitive Behavioral Therapy Series ★

- **Course modules** and **supplementary PDFs** of ALL Psych Hub Cognitive Behavioral Therapy Learning Hubs

## Cognitive Behavioral Therapy Series (Videos Included) ★

- **Course modules**, **supplementary PDFs**, and **supplementary videos** of ALL Psych Hub *Cognitive Behavioral Therapy* Learning Hubs

## Psych Hub Subscription ★

- **Course modules**, **supplementary PDFs**, and **supplementary videos** of ALL Psych Hub Learning Hubs

## Learning Solutions for Organizations

To learn about options for organizations, including bulk purchases, Learning Hub customization, and Learning Hub co-development, email [info@psychhub.com](mailto:info@psychhub.com).

PACKAGES & PRICING	COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA	COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA	COGNITIVE BEHAVIORAL THERAPY SERIES	COGNITIVE BEHAVIORAL THERAPY SERIES	PSYCH HUB SUBSCRIPTION
		VIDEOS INCLUDED		VIDEOS INCLUDED	VIDEOS INCLUDED
COURSE MODULES	✓	✓	✓	✓	✓
SUPPLEMENTARY PDFS	✓	✓	✓	✓	✓
SUPPLEMENTARY VIDEOS	X	✓	X	✓	✓
ADDITIONAL COURSES	X	X	✓	✓	✓
COST	\$50/year	\$75/year	\$199/year	\$299/year	\$360/year \$30/month

## LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Detail the subsets of insomnia and utilize the three Ps in considering a diagnosis, evaluating the client's indicators of readiness for CBT-I.
2. Evaluate client's sleep hygiene utilizing the CBT model and describe the four following techniques: sleep restriction, stimulus control, sleep diary, and out-of-session action plans that facilitate better sleep hygiene.
3. Justify three second line intervention strategies: cognitive therapy, relaxation training and sleep compression. Detail four forms of relaxation training: progressive muscle relaxation, diaphragmatic breathing, autogenic training and imagery training.
4. Describe the following: behavioral and cognitive modification, identifying and restructuring unhealthy habits of sleep hygiene and catastrophic thoughts, and client homework assignments.
5. Explain client progress by tracking sleep titration and a client's indicators of readiness for termination of therapy, and/or potential for relapse by reviewing client's sleep diaries and creating a post-therapy plan.

## MODULE OVERVIEWS

### ***Module 1: Identifying Insomnia***

- Preparing an intake evaluation and educating the client to the projected therapeutic plan
- Presenting treatment options to aid continued progress
- Diagnosing insomnia and its symptoms
- Defining insomnia and enumerating its specific types
- Discussing mechanics of sleep diaries and their significance in treatment
- Planning overall session goals, assessments, and weekly agenda

### ***Module 2: Curbing Insomnia: Sleep Restriction and Stimulus Control***

- Educating clients on the importance of sleep hygiene
- Explaining the use of the sleep restriction technique and stimulus control to clients in relation to sleep hygiene
- Structuring out-of-session action plans that facilitate sleep hygiene for clients
- Enumerating the reasons to begin insomnia treatment with sleep hygiene practices
- Discussing the definition, process, and expected outcomes for using the sleep restriction technique and stimulus control in relation to sleep hygiene
- Evaluating therapeutic plan progress based on client specific outcomes

### ***Module 3: The Significance of Sleep Hygiene***

- Determining indicators for CBT-I through sleep diary review
- Establishing a therapeutic plan using Sleep Restriction Technique (SRT) and Stimulus Control
- Creating a graph featuring measured variables from the client's sleep diary

- Discussing the behavioral model of insomnia, Sleep Restriction Technique (SRT) and Stimulus Control approaches
- Comparing the Sleep Restriction Technique and Stimulus Control and determining the efficacy of both
- Identifying the correct procedures for the application of given techniques

### ***Module 4: Curbing Insomnia: Second-Line Intervention Techniques***

- Structuring sessions that apply adjunctive forms of therapy
- Employing the second line therapeutic strategies of cognitive therapy, relaxation training, and sleep compression
- Educating the client on correct steps to perform out of session techniques to improve the quality and quantity of sleep
- Determining the appropriate use of second line intervention techniques
- Discussing adjunctive therapies, their proper procedure, and relevance to client progress
- Comparing second line intervention techniques and determining the most suitable one for client-specific conditions

### ***Module 5: Cognitive Restructuring for Insomnia Disorder***

- Assessing treatment progress and the achievement of therapy goals
- Facilitating cognitive therapy for negative sleep beliefs and distortions
- Utilizing specific restructuring techniques in response to the client's catastrophic thoughts
- Differentiating the use of cognitive therapy for insomnia with forms of restructuring in anxiety and depression
- Elaborating on the major steps of restructuring and their effect on insomnia-related catastrophizing
- Identifying catastrophic thoughts and their implications to client sleep patterns

### ***Module 6: Retaining Skills and Preventing Relapse***

- Evaluating client progress and the skills acquired within the therapeutic plan
- Creating a relapse prevention plan for maintaining progress
- Discussing optimal client responses to potential triggers for relapse
- Identifying progress towards treatment plan goals and acquired skills by the client
- Enumerating potential factors that could hinder maintenance of progress or potentially lead to relapse
- Determining the best techniques to use in coping with a potential relapse post-therapy

## **COURSE COMPLETION REQUIREMENTS**

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all modules
- Take the post-course assessment (passing score: 85% or higher\*)
- Complete the course evaluation

\*Learners may attempt the post-course assessment *up to three times* to earn a passing score. *If a learner does not earn a score of at least 85% on their third attempt, they will not receive credit for the course.*

## PSYCH HUB CERTIFICATION

Once you have successfully completed the course, you will be presented the option to pursue Psych Hub Certification. *Please note two things: (1) Psych Hub Certification is not affiliated with continuing education credit in any way, and (2) Psych Hub Certification is not available for every Learning Hub.*

The Certification Project is a special, post-course project where you will get full Psych Hub certification for drafting, submitting, and finalizing a case study where the information in this course is applied. For more information, see the points below.

### ***For learners who opt not to accomplish the certification project***

All learners will receive a general certificate of completion upon completing all Learning Hub elements. You can remain active in the discussions by regularly visiting the course Psych Hub Forums.

Browse our other available Learning Hubs to continue your learning journey!

### ***For learners who opt to accomplish the certification project***

Acquaint yourself with the different guidelines in place for the project:

- [Case Study Requirements](#)
- [Case Study Rubric](#)
- [PH Level Requirements and Submission Portal Instructions](#)

When you are ready to submit your Case Study, click the "Certificate Project Submission Portal" in the course.

## CONTINUING EDUCATION INFORMATION

For more information on Psych Hub's continuing education programs, email [ce@psychhub.com](mailto:ce@psychhub.com).

### ***Approving Organizations***

#### ***American Psychological Association (APA)***



Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.

Psychologists completing this course receive **2.25** continuing education credits.

## Association of Social Work Boards (ASWB)



Psych Hub, #1750, 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. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive **2.25** clinical continuing education credits.

## California Association of Marriage and Family Therapists (CAMFT)



Course meets the qualifications for **2.25** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Psych Hub is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Psych Hub maintains responsibility for this program/course and its content. CAMFT Approval #1000074.

## National Board of Certified Counselors (NBCC)



Psych Hub has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7051. Programs that do not qualify for NBCC credit are clearly identified. Psych Hub is solely responsible for all aspects of the programs.

Counselors completing this course receive **1.50** continuing education hours.

## CE Credit Calculation

### APA, CAMFT, & ASWB Credit Calculation

Continuing education credits for psychologists, social workers, and marriage and family therapists are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

**Average Pilot Test Length: 2 hours 22 minutes**

### NBCC Credit Calculation

Continuing education hours for counselors are calculated by summing the length of all course videos and voiceover, rounded up to the nearest quarter hour. This does NOT include time taken to complete interactive elements of the course.

**Combined Video and Voiceover Length: 1 hour 29 minutes**

## Timed Course Outline

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

### Course Activities for CE Credit (≥ 1 hour 49 minutes)

- Pre-Course Assessment (10 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 1: Identifying Insomnia (24+ minutes)
- Module 2: Curbing Insomnia: Sleep Restriction and Stimulus Control (12+ minutes)
- Module 3: The Significance of Sleep Hygiene (16+ minutes)
- Module 4: Curbing Insomnia: Second-Line Intervention Techniques (11+ minutes)
- Module 5: Cognitive Restructuring for Insomnia Disorder (9+ minutes)
- Module 6: Retaining Skills and Preventing Relapse (10+ minutes)
- Theory Tank (7+ minutes)
- Post-Course Assessment (10 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]

### Course Activities NOT for CE Credit

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Supplementary Video Review
- (OPTIONAL) Written assignment to earn Psych Hub Certification

## Obtaining Certificates of Completion

After completing the pre-course assessment, reviewing all modules, completing the post-course assessment with a score of at least 85%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

## ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS

Psych Hub's Grievance Policy, which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found by clicking [here](#) or navigating to the footer of [lms.psychhub.com](https://lms.psychhub.com).

## COURSE AUTHORS & CONSULTANTS

To submit questions or comments for course authors, email [ce@psychhub.com](mailto:ce@psychhub.com).

### **Gregory K. Brown, Ph.D. (Course Author)**

*Clinical Psychologist & Cognitive Behavioral Therapy Master Clinician*

Dr. Brown is an internationally renowned expert in suicide prevention whose work has led to transformational advances in the treatment of suicidal individuals. His research aims to develop and evaluate the effectiveness of



innovative, targeted interventions designed to reduce vulnerability factors associated with suicidal behavior in high-risk populations and to examine and improve the implementation of evidence-based treatments into “real world” settings to prevent suicide. With colleagues, Dr. Brown developed two clinical interventions for individuals at risk for suicide: the Safety Planning Intervention and Cognitive Therapy for Suicide Prevention. The Safety Planning Intervention is an evidence-based, brief suicide prevention strategy that has been used in research and widely disseminated in health care settings, including the VA. Cognitive Therapy for Suicide Prevention, one of the few existing evidence-based psychotherapy interventions, has been shown to prevent suicide attempts among individuals at high risk for suicide. He also provides clinical training for clinicians in suicide assessment and risk management, cognitive behavior therapy for depression, and suicide prevention.

### ***Barbara H. Stanley, Ph.D. (Course Author)***

*Clinical Psychologist*

Dr. Stanley is a clinical psychologist who specializes in the treatment of individuals with borderline personality disorder, depression, and self-harm. With her colleague, Dr. Gregory Brown, she developed the Safety Planning Intervention that is used in Emergency Departments, inpatient and outpatient facilities, throughout the VA and on crisis hotlines. She currently holds numerous leadership positions as Professor of Medical Psychology in the Department of Psychiatry at Columbia University Vagelos College of Physicians & Surgeons, the Director of the Suicide Prevention Training, Implementation and Evaluation for the Center for Practice Innovation and Research Scientist in Molecular Imaging and Neuropathology at the New York State Psychiatric Institute and the Leader of the Conte Center for Suicide Prevention Project 5, “Stress, Inflammation, Aggression and Emotion Regulation in Suicidal Behavior”.

### ***Philip Richard Gehrman, Ph.D., CBSM (Course Consultant)***

*Clinical Psychologist*

Dr. Gehrman is an assistant professor of psychology in the Department of Psychiatry of the University of Pennsylvania School of Medicine and a clinical psychologist at the Philadelphia VA Medical Center. He completed his graduate training in clinical psychology at the University of California, San Diego, including a predoctoral internship at the Durham VA Medical Center and a postdoctoral fellowship in sleep medicine at the University of Pennsylvania. Dr. Gehrman has an active research program exploring the mechanisms and treatment of insomnia. His clinical work is in the area of Behavioral Sleep Medicine and he provides cognitive-behavioral interventions for sleep disorders. Dr. Gehrman's clinical work includes a national telehealth insomnia program in the VA.

## **SYSTEM REQUIREMENTS**

Accessing this Learning Hub requires an internet connection. The following technology can be used for access:

### ***Operating Systems***

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser and connection

### ***Internet Browsers***

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

## ADDITIONAL INFORMATION

### ***Conflict of Interest Disclaimer***

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub's Conflict of Interest Policy can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

### ***Course Creation Date***

2/27/2020

### ***Psych Hub Contact Information***

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