

Beyond Sleep Hygiene: A Practical CBT-I Protocol That Works

Chronic insomnia is one of the most common concerns encountered in mental health and primary care, yet many clinicians feel uncertain about how to assess and treat it beyond general sleep hygiene recommendations. Sleep problems can also have a significant impact on mood, executive functioning, and treatment outcomes, making insomnia an important - and often overlooked - clinical target.

This practical workshop provides clinicians with a clear, evidence-based framework for assessing and treating insomnia using CBT-I strategies that can be readily integrated into clinical practice.

Who should attend?

This workshop is designed for psychologists, social workers, occupational therapists, nurses, physicians, counsellors, and other health professionals who work with clients experiencing insomnia.

What you'll learn

By the end of this workshop, participants will be able to:

- Understand why chronic insomnia develops and persists - and why common sleep advice often fails
- Differentiate insomnia from other sleep disorders requiring further assessment or referral
- Conduct an efficient insomnia assessment using a practical case-formulation framework
- Interpret sleep diaries and identify the factors maintaining a client's insomnia
- Develop individualized behavioural treatment plans rather than relying on generic sleep-hygiene advice
- Provide clear, confident psychoeducation about sleep and insomnia
- Adapt CBT-I interventions for complicating factors including mood disorders, ADHD, PTSD, chronic pain, medication use, aging, and sleep apnea
- Develop an individualized "Sleep Prescription" that clients can understand and follow

Throughout the workshop, participants will work through real clinical examples, learn to recognize common insomnia presentations, and practice applying a straightforward treatment protocol that can be incorporated into routine clinical practice. Emphasis is placed on clinical reasoning - understanding why a client's sleep system has become dysregulated and selecting interventions that target the underlying mechanism rather than simply the symptoms.

Participants will receive

- A practical insomnia assessment framework
- Sleep diary interpretation guidelines
- A structured CBT-I protocol
- A customizable "Sleep Prescription" template
- Clinical handouts and resources that can be immediately integrated into practice

Ideal for clinicians who want to

- Feel more confident assessing and treating insomnia
- Integrate effective sleep interventions into their existing clinical practice
- Leave with practical tools they can begin using with clients immediately

Small-group, interactive learning

The workshop is intentionally kept small and highly interactive, with opportunities to discuss clinical examples, ask questions, and learn from other clinicians.

Participants are also invited to a virtual follow-up consultation session in the weeks after the workshop to discuss cases and questions that arise as they begin applying the protocol.

Next workshop offering

Friday, October 23, 9:00 AM to 1:00 PM. Virtual and in-person options.

Suite 900, 903 8 Ave SW

Registration & fees

In-person space is limited to 10 participants, and virtual space is limited to 6 participants.

Email me to register: karoline@vervepsychology.com

Your spot is secured with an e-transfer. Cost is \$199 for provisional psychologists/students and \$249 for fully registered professionals. Participants will receive a certificate of participation for continuing education purposes.

Can't make this date?

Additional workshops are offered based on demand. If this date doesn't work for you, please feel free to email me. I maintain a wait-list for interested participants and will offer another workshop once there is sufficient interest.

Additional CBT-I training

This workshop provides the foundation for my more specialized trainings, including "CBT-I-Informed Strategies for Adults with ADHD" and the upcoming "CBT-I-Informed Strategies for Trauma."

About Karoline

I'm a Registered Psychologist and have worked in a variety of roles over the last 20 years. I've been treating chronic, complex insomnia in primary care and private practice settings for over 10 years and training health professionals to do the same. I've treated hundreds of people quickly and effectively! I have significant clinical experience treating chronic insomnia in complex presentations. I have a lively and dynamic presentation style with unbridled enthusiasm about treating sleep issues!

Questions?

Feel free to email me at karoline@vervepsychology.com.