GOALS AND OBJECTIVES:
1. Describe the Empirical support for CBT-I
2. Recognize sleep and insomnia physiology
3. List the efficacy, side effects and risks of sleep medications used to treat insomnia
4. Conduct a sleep-focused assessment of insomnia patients
5. Describe the rationale for, and implementation of, CBT-I techniques including cognitive restructuring, sleep scheduling, stimulus control, relaxation, sleep hygiene, and sleep medication tapering and a sleep diary
6. Discuss sample case studies

CONTINUING EDUCATION CREDITS: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Dartmouth-Hitchcock and The Mental Health Center of Greater Manchester. Dartmouth-Hitchcock is accredited by the ACCME to provide continuing medical education for physicians.

Dartmouth-Hitchcock designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This program has been approved for 6.0 Category A CEUs by NASW NH Chapter.

Dr. Gregg D. Jacobs is a sleep psychologist and has spent thirty years researching and treating insomnia at the Harvard and University of Massachusetts Medical Schools. His insomnia research was funded by the National Institutes of Health and published in journals such as the Archives of Internal Medicine. He has taught his insomnia program to over 10,000 patients, including Fortune 500 companies such as Reebok, Fidelity, and John Hancock, and his insomnia program is used by major insurers such as Blue Cross and Blue Shield. Dr. Jacobs is the author of Say Good Night to Insomnia (New York: Henry Holt) which has been translated into eight languages and has been described by the Wall Street Journal as a "pioneer in the use of cognitive-behavioral therapy for insomnia."

Dr. Jacobs completed postdoctoral fellowships in behavioral medicine at Beth Israel Deaconess Medical Center and Children's Hospital at Harvard Medical School. As a Senior Scientist at Harvard’s Mind/Body Medical Institute and an Assistant Professor of Psychiatry at Harvard Medical School, where he spent almost 10 years treating and researching insomnia. Dr. Jacobs developed the first drug-free program for insomnia proven more effective than sleeping pills.
The Mental Health Center of Greater Manchester (MHCGM) is a registered 501(c)3 organization that serves over 11,000 individuals each year and is the largest provider of outpatient behavioral health services in New Hampshire. MHCGM is nationally recognized for its treatment programs and leading edge system of care.

An MHCGM sponsored event in collaboration with:

Dartmouth-Hitchcock

16th Annual Mental Health Symposium

Developing Expertise in (CBT-I) Cognitive Behavioral Therapy for Insomnia

Monday, September 21, 2020

Puritan Conference Center
Manchester, NH

With:
Gregg D. Jacobs, Ph.D.

Presented by:
The Mental Health Center of Greater Manchester