

**The Minnesota Psychological Association cosponsors Friday Forums  
with Metropolitan State University Psychology Department**

# FRIDAY FORUM ENCORE

**Friday, November 13, 2020**

**Cognitive Behavioral Therapy for Insomnia –  
What Clinicians Need to Know and Skills to Use with Your Clients**

*Samantha Anders, Ph.D., LP; Michael Schmitz, Psy.D, LP, DBSM*

**Program:**

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level and is designed for psychologists and other mental health professionals.*

**Location:**

Registrants will receive a Zoom link to access the webinar online.

**Attendees are encouraged to join the webinar five to ten minutes prior to the start.**

## About the Program:

*This program qualifies for 3.0 continuing education credits.*

Estimates of the prevalence of insomnia and sleep dissatisfaction for the general population range to 30%. These issues are even higher in clients seen in psychotherapy. Cognitive behavioral therapy for insomnia (CBTI) is a short-term, effective treatment, but few providers are trained in this intervention. The first half of the program will focus on research evidence and how CBTI therapists conceptualize these cases. The second half of the program will focus on concrete skills you can use with your clients, two to three case presentations, and participants' case consultations and questions.

**Participants will be able to:**

1. Apply the conceptualization of insomnia in behavioral and cognitive terms they can discuss with their clients.
2. Explain the efficacy of CBTI versus medications.
3. Analyze patients' sleep behaviors and cognitions to be able to provide concrete suggestions to their patients to help them improve their sleep.

## About the Presenters:

**Samantha Anders, Ph.D., LP**, is a clinical health psychologist who works in the Minnesota Regional Sleep Disorders Center within Hennepin Healthcare using behavioral sleep medicine. She received her degree from the University of Minnesota, Counseling Psychology. She established the Minnesota Regional Sleep Disorders Center Behavioral Sleep Medicine Program in 2014. She is a member of the Society of Behavioral Sleep Medicine.

*The speaker has indicated no conflicts of interest.*

**Michael Schmitz, Psy.D, LP, DBSM**, is a clinical health psychologist who is certified in behavioral sleep medicine. He received his degree from the University of St. Thomas, Counseling Psychology. He established the Abbott Northwestern Hospital Behavioral Sleep Medicine Program in 2000 and in 2009 and a primary-care based Behavioral Sleep Medicine program within the Allina Health System. He currently serves as the Director of the Behavioral Sleep Health Program for Fairview Health Services Sleep Program. He is a past president of the Society of Behavioral Sleep Medicine and current president of the Board of Behavioral Sleep Medicine overseeing specialty credentialing in the field of behavioral sleep medicine.

**PLEASE NOTE: You must attend the full 3-hour program to get continuing education credit for the event.**

## About First Friday Forums:

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

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.

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Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

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**Registration is available until the event begins.** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

Total Amount Enclosed: \$ \_\_\_\_\_

Check (made payable to MPA)  Visa  MC  American Express

All credit card fields are required

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