

Insomnia Therapy Workshop for Clinicians

Friday 25th September 2015 at York University 10am -5pm



Learn the drug free approach with Dr. Guy Meadows

This is a rare and exciting opportunity to attend the ACT-I workshop outside of London to help enable clinicians to learn and develop their skills when working with sleep issues including chronic insomnia. Dr. Guy Meadows is a sleep physiologist, with a doctorate (PhD) from Imperial College, London. He has been working in sleep for the past 12 years, 8 of which have been dedicated purely to helping clients overcome insomnia. He spent four and half years working within the sleep research laboratories of the Royal Brompton and Charing Cross hospitals. His PhD investigated sleep in normal individuals and patients with sleep apnoea. He is trained in Mindfulness Based Cognitive Therapy and Acceptance and Commitment therapy (ACT). He is pioneering the use of ACT for Insomnia (ACT-I) and regularly runs workshops for other therapists.

He co-founded the Sleep School www.thesleepschool.org and in five years, they have helped more than 4,000 patients recover from insomnia naturally and have educated more than 3,000 employees in over 100 companies around the world about the importance of sleep and how to achieve it. To date, they have worked with the likes of: Procter & Gamble, Unilever, the Metropolitan Police, Huffington Post, Estee Lauder, Innocent Drinks, Discovery Channel, Deutsche Bank and Barclays Wealth. He is passionate about helping people sleep better and aims to create a world where everyone can make the most of their day to knowing how to sleep well at night, naturally. This is your opportunity to learn from this world leader in sleep issues.

Topics that will be covered on the day...

- Introduction to ACT model and its application to chronic insomnia
- Discussion and experiential practice of ACT-I skills including acceptance, mindfulness, defusion, self in context, values and committed action
- Application of ACT metaphors to insomnia
- Comparison between ACT-I and traditional CBT-I approaches including cognitive restructuring, sleep scheduling, sleep restriction and stimulus control
- Introduction to insomnia including common risk factors, triggers, and amplifying behaviours
- Insomnia assessment protocols - ISI, PSQI, Sleep diaries, AAQ
- Sleep physiology – cycles and stages
- Sleep biology – body clock, sleep drive, sleep and wake brain centres
- Interaction between sleep disorders and mental and physical health
- Opportunity for discussion of personal or patient case studies
- Every attendee will take home a workbook outlining the content of the course

Cost: £90 per person, this includes refreshments throughout the day plus lunch and all course materials. The day is worth 6 BABCP CPD Points

To book your place online please visit www.ystc.co.uk and click on the event banner which will take you to the online booking page. Once your place has been confirmed a information pack will be emailed to you regarding the venue, travel details etc.

If you have any questions about the event then please contact Matthew Cole on 07717 854355 or email him at mattcolecbt@me.com

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Booking Form:

Surname:

First Name:

Title:

Telephone:

Address:

Price: £90

Email:

Payment:

All payments are due in advance of the workshop.

PAYPAL payment to info@ystc.co.uk

Cheque:

Please make cheques payable to “YSTC” and attach to Booking Form and send to:

YSTC 105 The Mount, York, YO24 1GY

Bank Transfer or Standing Order

Please make payment to:

Account Name: **YSTC**

Bank: HSBC Account Number: **94034899** Sort Code: **40 - 47 - 31**

Credit/Debit Card (VISA or MASTERCARD only)

Card Type: _____ Name on Card: _____

CardNumber: _____

Expiry Date: __ / __ / __ or Issue Number: ____ CVV Number: __ __ __

Billing Address (if different from above):

_____ Post Code _____

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Invoice:

Please provide details of the organisation to be invoiced.

Organisation Name: _____

Contact Name: _____

Email: _____ Telephone: _____

Purchase Order Reference: _____

Invoicing Address:

_____ Post Code _____

Please note that in the event of an invoicee not paying the due fee in advance of the workshop, the delegate becomes responsible for the full amount due.

Any Special Requirements Access, diet, etc.

Signature

Date:

In signing this Booking Form you accept the terms and conditions of attendance and cancellation policy, refunds are unable to be processed after 3rd September 2015 and any changes to the booking will incur a £15 administration fee. Please see website for full details.

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