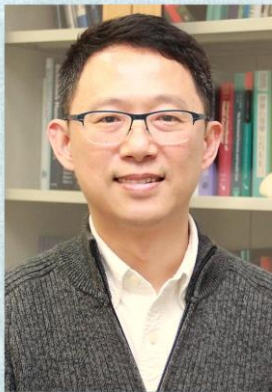


Two-day Workshop on CBT for Insomnia

An Evidence-Based Non-pharmacological Treatment for Insomnia



Prof. Chien-Ming Yang

- Distinguished Professor of Dept. of Psychology, National Chengchi University, Taipei, Taiwan
- Founding Director of Sleep Laboratory
- Chair of Public Education Committee of the Taiwan Society of Sleep Medicine
- Author of self-help book and journal articles

Cognitive Behavioral Therapy for Insomnia (CBT-I)

is a multi-component treatment that helps insomnia patients to manage their sleep problem through the understanding of basic sleep mechanisms, and the adjustment of maladaptive sleep-related cognition and behavior. It is the non-pharmacological treatment for insomnia that receives most empirical supports, and is recommended to be a first-line treatment for insomnia by many professional organizations. This two-day workshop is designed to offer health professionals who are interested in CBT-I, an intensive training in the rationale and practice of CBT-I, through didactic lectures, role play and case discussion. The content includes:



- ▶ Basic mechanism of sleep regulation
- ▶ Etiological models for insomnia
- ▶ Common sleep disorders other than insomnia
- ▶ Evaluation and conceptualization of insomnia
- ▶ Behavioral and cognitive techniques of CBT-I

Date: **2-3 July 2015 (Thu-Fri)**

Time: **9:30am – 5:30pm (reg. 9:10am)**

Venue: The University of Hong Kong
(Centennial Campus, Run Run Shaw Tower, CPD-3.04)

Fee: HK\$2,000 (Standard)/ HK\$1,000 (Full-time Student)

*Medium of Instruction: mainly English

*Accreditation from professional bodies in progress



Two-day Workshop
on
Cognitive Behavioral Therapy for Insomnia
An Evidence-Based Non-pharmacological Treatment for Insomnia
失眠認知行為治療: 具實證基礎的失眠非藥物治療

Trainer
Prof. Chien-Ming Yang
National Chengchi University, Taiwan
2 – 3 July 2015 (Thursday & Friday)
at The University of Hong Kong

Cognitive Behavioral Therapy for Insomnia (CBT-I) is a multi-component treatment that helps insomnia patients to manage their sleep problem through the understanding of basic sleep mechanisms, and the adjustment of maladaptive sleep-related cognition and behavior. It is the non-pharmacological treatment for insomnia that receives most empirical supports, and is recommended to be a first-line treatment for insomnia by many professional organizations.

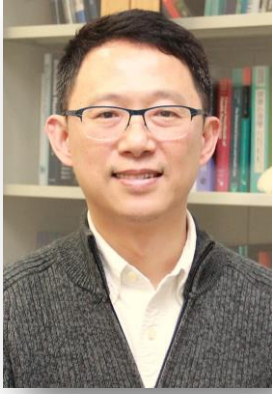
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- ▶ Basic mechanism of sleep regulation
- ▶ Etiological models for insomnia
- ▶ Common sleep disorders other than insomnia
- ▶ Evaluation and conceptualization of insomnia, and
- ▶ Behavioral and cognitive techniques of CBT-I

It is expected that the participants who having completed the workshop successfully will be able to have more in-depth evaluation and understanding of insomnia, and to begin practice with CBT-I in their clinical settings.

失眠認知行為治療 (CBT-I) 是一種整合的治療模式，透過基本睡眠機制的瞭解以及調整個案可能干擾睡眠的想法與行為，來協助個案處理自身的睡眠問題。CBT-I 是目前擁有最多實證研究支持的非藥物失眠治療方式，因此許多專業機構都建議將其列為第一線的失眠治療方式之一。

本工作坊的設計在於透過專業知識的講述、實務演練，以及個案的討論，提供對於 CBT-I 有興趣的專業人員紮實的基本訓練。工作坊基本的內容將包含：睡眠神經生理調控機制、失眠病理模式、常見睡眠障礙介紹、睡眠評估與失眠病因概念化，以及 CBT-I 行為及認知技術介紹，預期參與者在完成課程之後能在臨床上對於失眠患者有更深入的瞭解與評估，並開始使用認知行為技巧協助失眠患者。



About the Trainer

Prof. Chien-Ming Yang 楊建銘教授

- Distinguished Professor of Department of Psychology
National Chengchi University, Taipei, Taiwan
- Founding Director of Sleep Laboratory
- Chair of Public Education Committee of the Taiwan Society
of Sleep Medicine
- Author of self-help book and journal articles

Chien-Ming Yang is Distinguished Professor of the Department of Psychology and the Research Center for Mind, Brain and Learning at National Chengchi University, Taipei, Taiwan and has been working there since 2004. He is also the Founding Director of the Sleep Laboratory of the National Chengchi University. He received his Ph.D. in Psychology from the City University of New York, Graduate School and University Center in 1999, with a subspecialty in Clinical Psychology of Neurobehavioral Disorders. He was a Visiting Scholar at the University of California, Berkeley in 2012-13.

Professor Yang received his clinical training from 1998 to 1999 at Sunset Park Mental Health Center of Lutheran Medical Center, Brooklyn, New York, and in 2001 at Sleep Disorders Center of New York Methodist Hospital, Brooklyn, New York. He is a licensed psychologist in New York State and Taiwan, as well as a board certificated Behavioral Sleep Medicine Specialist by the American Board of Sleep Medicine.

Professor Yang's research interests focus on basic sleep mechanisms and the etiology and treatments of insomnia and other sleep disorders, mainly through the methodologies of clinical psychology and neuroscience. He has published more than 50 journal articles and over 100 conference presentations, and has received several research awards. In addition to his endeavor in academic realm, he has also devoted himself in the dissemination of cognitive behavioral treatment for insomnia to professionals and general public. He is currently the Chair of the Public Education Committee of the Taiwan Society of Sleep Medicine. He has also written a self-help book for insomnia.

楊建銘教授為國立政治大學特聘教授，自 2004 年開始任教於政治大學心理學系，並且為睡眠實驗室的主持人，以及心智、大腦與學習研究中心兼任研究員。楊教授於 1999 年在紐約市立大學研究學院與大學中心心理學系完成博士學歷，專長在於臨床心理學及行為睡眠醫學，並於 2012 到 2013 年至加州大學柏克萊分校擔任訪問學者。

楊教授於 1998 到 1999 年以及 2001 年分別在紐約路德醫學中心的社區心理健康中心以及衛理公會醫院睡眠中心完成臨床訓練。他擁有美國紐約州及台灣的心理師執照，以及美國睡眠醫學學會發給的行為睡眠醫學專科認證。

楊教授主要的研究是以臨床心理學以及神經科學的角度來探討基本睡眠機制以及失眠與其他睡眠異常的病理及治療。他發表了超過 50 篇的期刊論文以及上百篇的會議發表，並且獲得多個研究獎項。除了研究上優異的表現之外，楊教授也相當致力於失眠認知行為治療的訓練與推廣，他目前是台灣睡眠醫學學會大眾教育委員會的主席，也出版了失眠自助手冊。

Details of the 2-day Workshop (Cognitive Behavioral Therapy for Insomnia)

Date: 2-3 July 2015 (Thursday & Friday)

Time: 9:30am – 5:30pm (registration starts at 9:10am)

Venue: The University of Hong Kong (Centennial Campus, Run Run Shaw Tower, CPD-3.04)

Fee:

- Standard Fee - HK\$2,000
- Full-time Student# - HK\$1,000

(#Student who is studying undergraduate or post-graduate program at the university in a full time mode)

*Medium of Instruction: mainly English, supplementary materials in both English and Chinese

*Accreditation from Professional Bodies (In progress)

Registration Deadline: 26 June 2015

REGISTRATION

Please return the completed form with a cheque made payable to **United Christian Nethersole Community Health Service** and mail to United Centre of Emotional Health and Positive Living, 2/F, Block A, Lee Kee Building, 55 Ngau Tau Kok Road, Kowloon, Hong Kong

Enquiry: 2349-3212

Email: info@ucep.org.hk

Website: www.ucep.org.hk

Title: Prof. Dr. Mr. Ms. Other (pls specify) _____

^Name:

(Last Name)

(Given Name)

^Please give your name you wish to be printed on the "Attendance Certificate"

Occupation: Psychologist Social Worker Counselor Doctor
 Nurse Teacher Researcher
 Occupational Therapist Physiotherapist
 Full-time Student Others: *(pls specify)*: _____

Job Title: _____

Organization: _____

Address: _____

Phone: _____

Email : _____

Fees: HK\$2,000 (Standard Fee) HK\$1,000 (Full-time Student)

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