

Cognitive Behavioral Therapy for Insomnia (CBT-I) Consultation Group for Therapists

LED BY VIRGINIA RUNKO, PHD, CBSM, DBSM

Are you a licensed therapist with some training in CBT-I but want to learn more? Do you want to obtain consultation from a certified sleep specialist for your clients suffering from sleeping difficulty?

This CBT-I consultation group will go beyond where CBT-I books and workshops left off. In a supportive environment, you can expect to learn how to:

- Conduct a sleep assessment, including evaluating for sleep disorders other than insomnia, and when to refer for a sleep study
 - Use sleep logs and help your clients use sleep logs
 - Execute all the components of CBT-I including sleep restriction, stimulus control, sleep hygiene, relaxation, and cognitive therapy
 - Handle insomnia cases that do not respond “by the book”
 - Treat other sleep disorders, such as delayed sleep phase, using non-medication strategies
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- 8 sessions lasting 90 minutes each held every other week starting the week of September 9, 2019 through the week of December 16, 2019
 - Exact day and time to be determined based on what works best for the majority of consultees
 - Fee: \$75 per session for a total fee of \$600 for 8 sessions (consultees must commit to the entire 8 sessions)
 - Consultation sessions will take place at DC Psychology and Sleep Services located at 2168 Wisconsin Ave NW, Washington, DC 20007
 - If interested, please contact Dr. Runko at vrunko@dcpsychandsleep.com or 202-455-5387

FAQ's:

- How much experience in CBT-I do I need to attend this group?
 - Some kind of prior CBT-I training or knowledge is required. This can include a CBT-I workshop you attended in-person or online, or a CBT-I book you've read on your own. But no actual clinical experience in CBT-I is required to attend the group.
- Do I have to present a case?
 - No. Those with sleep cases will have the opportunity to present from which everyone in the group can learn and benefit.
- What if I have several cases I want consultation on for each meeting?
 - In this case, one-on-one consulting with Dr. Runko is probably more appropriate. You can contact Dr. Runko if you are interested in one-on-one consulting.
- Can I attend via phone or videoconference?
 - No. All consultation meetings will take place in-person at DC Psychology and Sleep Services.
- Will I earn CEU's by attending this group?
 - No.
- Does this count towards behavioral sleep medicine (BSM) certification?
 - Yes, the clinical hours from which you receive consultation from Dr. Runko during this group counts. The BSM exam and certification eligibility criteria can be found here: <https://www.behavioralsleep.org/index.php/member-resources/society-of-behavioral-sleep-medicine-credentialing-exam>
- What is Dr. Runko's relevant background and experience?
 - Visit <https://dcpsychandsleep.com/about/> for Dr. Runko's bio.