



ADVANCED PRACTICE OF CBT-I PROGRAMME

Friday 18th September – Sunday 20th September 2026

Friday 18th September

08:00	Course Introduction	
08:30	Review of Advanced Insomnia Models	<u><i>Michael Perlis PhD</i></u>
10:00	Coffee/Tea break	
10:15	Alternative delivery systems for CBT-I	<u><i>Jason Ellis PhD</i></u>
11:45	Adjuvant/alternative treatments	<u><i>Donn Posner PhD</i></u>
13:15	LUNCH	
14:15	Alternative Measurement of Sleep	<u><i>Michael Grandner PhD</i></u>
15:45	Coffee/Tea break	
16:00	Interpreting PSG reports/ Rules for SRT/SCT	<u><i>Michael Perlis PhD</i></u>
17:30	Finish	

Saturday 19th September

08:30	The Medication Conundrum	<u><i>Donn Posner PhD</i></u>
10:00	Coffee/Tea break	
10:15	Combo Treatment (Meds & CBT-I)	<u><i>Michael Perlis PhD</i></u>
13:00	LUNCH	
14:00	Treatment Complexities	<u><i>Donn Posner PhD</i></u>
15:15	Coffee/Tea break	
15:30	Group Discussion	
	Getting Referrals/Example Case Studies	
17:15	Finish	

Sunday 20th September

08:30	Attendee Case Study Presentations
10:00	Coffee/Tea break
10:15	Attendee Case Study Presentations
12:15	LUNCH
13:15	Attendee Case Study Presentations
15:30	Coffee/Tea break
15:45	Review of Classical Resistances & Role Play
17:00	Finish

Research on Insomnia and Research Limitations:

Epidemiologic and Experimental insomnia research, while suggestive, does not imply causality
Clinical Trial Efficacy Studies on CBT-I may have limited generalisability
Clinical Trial Efficacy Studies on sedatives may have limited generalisability