



Advanced Practice of CBT-I Course

18–20 September 2026 • Registration Open

For information or to register, please contact Lisa at lisa@sleepconsultancy ltd.co.uk



Course Overview

Our *Cognitive Behavioural Therapy for Insomnia (CBT-I)* courses provide world-class sleep training for health professionals and clinicians wishing to extend their practice into evidence-based insomnia therapy. Whether you are new to behavioural sleep medicine or seeking advanced skills, our internationally recognised CBT-I pathway equips you with the techniques needed to assess, diagnose, and treat insomnia in clinical settings.

The Advanced course: may be attended in person or remotely (virtually / synchronously); is delivered by leading experts, will enhance your ability to support patients with chronic insomnia and complex sleep disorders.

The course is open to applicants worldwide.
Competence in spoken English is required.

About the Course

Advanced Practice of CBT-I (3 Days)

A deeper, skills-focused programme for clinicians looking to deliver standardised CBT-I effectively and confidently, particularly when treating complex or challenging cases. These courses are delivered by Prof Jason Ellis, Dr Michael Perlis, and Dr Donn Posner, internationally recognised experts in behavioural sleep medicine. Teaching is delivered through interactive lectures, case discussions, demonstrations, and role-play exercises.

Who Should Attend?

The course is ideal for:

- Clinical psychologists
- Physicians
- Nurses (PhD/NP level and practising clinicians)
- Social workers
- Sleep medicine practitioners
- Allied health professionals
- Any healthcare professional wishing to develop competency in behavioural sleep interventions

What You Will Learn

Participants will develop skills to:

- Interpret actigraphy and PSG reports relevant to CBT-I
- Apply advanced models of insomnia
- Use alternative treatment strategies (e.g. sleep compression, bright light therapy)
- Deliver treatment in a range of formats (individual, group, telehealth)
- Manage medication titration questions in the context of CBT-I
- Build competence for future CBT-I certification exams

Course Structure & Content

Key Topics Include:

- Definitions and diagnostic criteria for insomnia
- CBT-I treatment components and therapeutic framework
- Step-by-step session guidance
- Case examples and patient suitability
- Actigraphy interpretation
- Reviewing and interpreting PSG reports
- Alternative treatment strategies and delivery modes
- Role-plays and case-based learning (Advanced Course)

Recommended Training Pathway

- Complete the Basic CBT-I Course
- Treat 3–5 CBT-I patients
- Optional: secure mentoring or peer supervision (arranged independently or through our recommended providers)
- Progress to the Advanced Practice of CBT-I Course

The Advanced Course is designed for those who already have foundational skills and experience, ideally meeting at least three of the following:

1. Training as a clinical provider
2. Coursework in behavioural principles/practice
3. More than 6 months' clinical work in sleep medicine
4. More than 6 months' CBT-I experience or ≥5 completed cases
5. Prior CBT-I continuing education

Accreditation

- The CBT-I (Basic) and The Advanced Practice of CBT-I courses are accredited by the Royal College of Physicians, UK.
- Whilst it is not possible to provide CE/CME for all disciplines (let alone for all countries), it is our experience that participants can petition their professional society for credits. If required, we can provide support documents including a request letter, course outlines, and certificates of completion.

If you would like to register for any of the courses or require further information, please [get in touch](#) or email Lisa on lisa@sleepconsultancytld.co.uk.