

Professor Colin Espie

University of Oxford

Wednesday, 26th April 2023

Online



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Evidence-Based Psychological Treatment

Sleep problems and how to address them in everyday clinical practice

Introduction:

Content

This workshop will explain the central importance, across the lifespan, of sleep and circadian regulation to our functional health and wellbeing. Particular reference will be made to central role sleep as nature's primary provision for mental health and wellbeing, and in delivering everyday cognitive capability. As well as exploring the nature of sleep itself, we will discuss how disorders of sleep present, how they can be assessed in routine clinical practice and how they can be most effectively managed. There will be an emphasis on acquiring practical skills of assessment and intervention using cognitive behavioural therapeutics (CBTx). The course will be illustrated with case material.

Learning objectives:

To equip participants with an understanding of

- what sleep is and why it matters
- sleep disorders and how they present
- the practical assessment and management of sleep disorders
- there will be a particular focus on insomnia and its treatment using CBTx

Training modalities

The workshop will be oriented towards integrating a focus of sleep into everyday clinical practice. Video and case materials will be used to illustrate sleep problems, and how to manage them. Participants will have opportunity for Q&A, and for group discussion and interaction.



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Key references:

The following resources were prepared with clinicians and practitioners in mind:

1. Morin, C.M. & Espie, C.A. (2012) *The Oxford Handbook of Sleep and Sleep Disorders* (Oxford Library of Psychology) Oxford University Press, USA [ISBN-10: 019537620X]
2. Espie, C.A. (2017) *Introduction to Coping with Insomnia & Sleep Problems* (2nd edition). Little Brown Book Group, London [ISBN978-1-47213-854-5]
3. Espie, C.A. (2021) *Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioral Techniques*, 2nd edition. Little, Brown Book Group, London
4. Espie, C.A. (due 2022) *A Clinician's Guide to Cognitive Behavioural Therapeutics (CBTx) for Insomnia*. Cambridge University Press, UK

About the presenter:

Colin is the Professor of Sleep Medicine at the University of Oxford (<https://www.ndcn.ox.ac.uk/team/colin-espie>), where he is Director of the Experimental & Clinical Sleep Medicine research programme, and Clinical Director of Oxford Online Programme in Sleep Medicine (<https://www.ndcn.ox.ac.uk/study-with-us/graduate-students/online-programme-in-sleep-medicine>). He is also an Emeritus Professor of Clinical Psychology, at the University of Glasgow. He is internationally known for his work on insomnia and its treatment, using cognitive behavioural therapeutics (CBTx). He has published over 300 scientific papers and several textbooks. He is Deputy Editor of *Journal of Sleep Research*, serves on the editorial board of *Sleep Medicine Reviews*, and was awarded Honorary Fellow of the BABCP (British Association for Behavioural & Cognitive Psychotherapies) in 2015, and the Mary A. Carskadon Outstanding Educator Award by the Sleep Research Society in 2017. He is a Fellow of the British Psychological Society, the Royal Society of Medicine, and the American Academy of Sleep Medicine. Colin is actively involved in print, TV and social media regarding the science of sleep (twitter.com/ProfEspie). He also co-founded <https://www.bighealth.com/> the developer of SleepioTM which is now widely available in the NHS-UK and in the US healthcare system.

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are delivered online



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