**Morris County Psychological Association**

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**11/13/19**

**Cognitive-Behavioral Therapy for Insomnia (CBT-I)**

Presented by:

 Brooke Donald, PsyD

**Meeting announcements:**

1. Mike: Holiday lunch is Dec. 13 from 12-2pm. Register online at [www.mcpanj.com](http://www.mcpanj.com) or reach out to Mike Zito, PhD at m.zito@comcast.net or 908-753-8696 if you prefer not to register on-line. **First program in January** will be on Jan. 8th when Milton Spett will present on *Social Anxiety: Why Cognitive Therapy is More Effective than Exposure*
2. Remember to renew your membership now for next two years and please take a directory today if you would like one for your office. Also please consider joining our MCPA board going forward as we have positions open.
3. Jayne shared all CE guidelines and brief summary is: CE sign in and out and stay for the whole program is required. Entire instruction packet is available online but here is the summary: Go to link provided here today: [**http://psychologynj.org/morris-nov2019**](http://psychologynj.org/morris-nov2019) **or www.psychologynj.org/morris-nov2019**

in next 7 days to sign on and get CE**. Go to login in middle of the page to start process.**

 After completing this step, you will get a program evaluation to complete and once you have completed it, CE certificate will be emailed 1-2 weeks aft the link closes on 11/20. This program is sponsored by the Morris County Psychological Association and has been approved for 1.0 CE credit. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

***-Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

**Meeting Attendees:** Jayne Schacter, Randy Bressler, Sarah Dougherty, Hayley Hirschmann, Melissa Klika Mack, Susan Neigher, Mike Zito, Francine Rosenberg, Nancy Sidhu, Phyllis Lakin, Ilana Lev-el, Marilyn Lyga, Caridad Moreno, Carly Orenstein, Arthur Pressley, Tamsen Thorpe, Beverly Tignor, Joanne VanNest, Aron Welt, Paul Yamplosky, Joshua Zavin, Deborah Fisch, Richard Brewster, Suzanne Hays, Merdith Gondo, Shoshana Sperling, Sonia Marto, Rhonda Allen, Elizabeth Babyak, Richard Dauber, Stacey Dobrinski, Komal Dutt, Irene Fisher, Kenneth Gates, Marc Gironda, Zach Infantolino, Brooke Donald - Speaker

**Presenter Bio: Brooke A. Donald**

Dr. Brooke Donald is a licensed psychologist with a subspecialty in Cognitive Behavioral Therapy for Insomnia. She completed the advanced training in CBT-I at UPENN with Dr. Michael Perlis and Dr. Donn Posner, and Dr Jason Ellis in the Spring of 2016. For the last 7 years, she has been in clinical practice in Parsippany, NJ..

**Overview / Few notes from talk:**

Please see entire slide set from talk that Dr. Donald was generous to share on our website (mcpanj.com).

Cognitive behavioral therapy for insomnia (CBT-I) is a structured, evidence-based treatment. The goal of CBT-I is to identify and replace thoughts and behaviors that cause or exacerbate sleep problems with habits that promote sound sleep. CBT-I helps overcome the underlying causes of sleep problems.

-Insomnia considered a very persistent problem, NOT 2-3 nights bad sleep.

 -based on individuals self-report of difficulty falling asleep and staying asleep

-CBTI aims to help the underlying causes of insomnia

-People with much high beta have busy brains / hyper-aroused during sleep – 40% also have anxiety, usually GAD

-worry about sleep is where CBTI can really help

-she tries to help them adjust by 15 min. per week to push back sleep time - but no electronics ½ hour before bedtime – can write down worry thoughts during this time or read something boring

-sleep consolidation should never be less than 5.5 hours

-palousemindfulness.com (from Jon Cabot-Zinn’s followers)

-exclusionary criteria (not for kids, evening shift workers…)

***\*For complete set of slides with references from this talk go to mcpanj.com and look under Event Materials about a week after the program. – Thanks so much to Brooke for providing these.***

**Respectfully submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**