

Outline

Assessment Techniques to Evaluate Sleep Disorders

Sleep mechanisms and importance of circadian rhythms  
Key clinical interview questions  
Why your clients need a sleep diary and how to implement it  
Practical screening questionnaires

Sleep Disorders Associated with Common Mental Health Disorders

Differentiate sleep symptoms vs. mental health symptoms  
Prevalence of obstructive sleep apnea with co-occurring disorders

- Anxiety
- Depression
- Additional other disorders

Narcolepsy and its impact on mental health  
Correlation between nightmares and suicidality  
Sleep recommendations for PTSD  
Behaviorally Induced Insufficient Sleep Syndrome  
Insomnia increases risk of Alzheimer’s disease  
Classes of sleep disorders and their associated mental health symptoms

- Insomnia
- Circadian rhythm sleep-wake disorders
- Sleep movement disorders
- Parasomnia
- Hypersomnia
- Sleep breathing disorders

The Bi-Directional Impact of Medications

Medications can interfere with sleep  
Common side effects of hypnotics  
Melatonin – how to naturally increase & when to use a supplement  
Nutritional supplements and herbal medicine

Sleep Deprivation and Mental Health: Recognize Symptoms and Implement Solutions

5 domains of sleep deprivation

- Cognitive performance – decreases simple memory, complex problem solving and verbal fluency
- Physical performance – increases drowsy driving and auto accidents
- Physical health – weakens the immune system and increases risks of serious health issues
- Mental health – intensifies anxiety, impulsivity, and emotional lability
- Emotional intelligence – impairs moral and ethical decision making

Implement behavior-modifying exercises

Interventions to Correct Circadian Misalignment

Consequences of desynchrony with natural sleep cycle  
Treatment plans to protect shift workers from anxiety, depression, and other mental health disorders  
Manage mania associated with jetlag

Mental health risks of night owls  
Strategies for clients who frequently travel  
How to regulate circadian physiology

- Body clock
- SCN in the brain
- Cellular mechanisms

Balance out melatonin rhythm

Assess Children’s Sleep Issues and Implement Strategies to Improve

ADHD, sleep disorder, or both?  
Obstructive Sleep Apnea often mistaken as other mental health symptoms in children  
Restless Legs Syndrome  
Sleep and naps are critical for development and growth  
Children’s sleep screening and recommendations  
Step-by-step guide for parents to help kids sleep better

Techniques to Evaluate and Improve Teen Sleep

How to determine a teenage client’s natural circadian rhythm  
Dangers of sleep deprivation in adolescents

- Increased negative risk taking
- Correlation between lack of sleep and suicidality
- Decreased academic achievement and decision making ability
- Higher rates of juvenile delinquency
- Driving drowsy and car accidents

Tools for increasing teens’ sleep  
School start time – how to advocate for change

Practical Methods to Create a Sleep Healthy Lifestyle

Develop individualized healthy sleep plans for your clients – not a cookie cutter approach  
Get clients to “yes” in prioritizing optimal sleep  
Behavior-modifying exercises to help clients snap out of their sleep-depriving habits  
Address family and couple dynamics to allow everyone healthy sleep  
Tips and tricks for evening cell phone use to promote better sleep  
Techniques to reinforce long-term sleep health  
When to make a referral

- What clients can expect from sleep disorder treatments

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea  
8:00 Program begins  
11:50 - 1:00 Lunch (on your own)  
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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SLEEP  
..... AND .....  
Mental Health  
Non-Medication Interventions to Restore Sleep Quality and Improve Clinical Outcomes



Sacramento, CA  
Wednesday, October 9, 2019

Oakland, CA  
Thursday, October 10, 2019

Palo Alto, CA  
Friday, October 11, 2019

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SLEEP  
..... AND .....  
Mental Health  
Non-Medication Interventions to Restore Sleep Quality and Improve Clinical Outcomes

- Key sleep quality questions you should be asking at every intake
- Increase your clients’ capacity to cope, make healthy decisions, and comply with treatment recommendations
- Simple and effective strategies for helping all clients change their sleep-depriving habits
- Interventions to address insomnia, disrupted sleep, nightmares, hypersomnia and more!

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# SLEEP AND Mental Health.....

How many of your clients have sleep issues?

Or maybe the real question is how many of your client don't?

Where we used to think mental health problems caused insomnia, we now know that the relationship is more circular than causal. Risky and addictive, drugs aren't the answer. But without addressing sleep issues, and intervening in this vicious cycle, your treatment plans for mental health issues will likely be less effective and yield less successful outcomes.

**You CAN help your clients improve their sleep and make your treatment of mental health issues more effective than ever before...and you don't need to be a sleep expert to do it!**

Whether you work with anxiety, depression, trauma, bipolar or any other disorders, this one- day training will give you the sleep assessment tools and treatment techniques you need to guide clients out of their sleep deprived world so you can improve clinical outcomes.

Attend this training and discover how you can:

- Naturally improve sleep in clients without the use of addictive medication
- Identify sleep disorders and differentiate them from mental health symptoms
- Improve sleep for clients of all ages – from kids to adults
- Snap clients out of sleep-depriving habits with behavior changing exercises

**Sign up today,** and add a new tool to your toolbox to bring greater healing to your clients through the power of sleep!

## Speaker

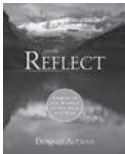
**Catherine Darley, ND** is a leader in integrative sleep medicine. She founded The Institute of Naturopathic Sleep Medicine, Inc in 2003, and since then has helped people of all ages sleep well using behavioral and naturopathic approaches for sleep disorders. Dr. Darley led the Start School Later initiative in Seattle, which succeeded in improving school hours for more than 50,000 students. She teaches at Bastyr University and the National College of Natural Medicine and is on the inaugural panel of experts for the Sleep Cycle Institute. Dr. Darley is published in numerous professional journals, has been quoted in several popular magazines, and has appeared on TV to share her expertise. She received her Doctor of Naturopathic Medicine from Bastyr University and completed a preceptorship at the Stanford University Sleep Disorders Center. She is an expert and dynamic speaker, teaching a wide range of groups through engagement, storytelling, and with a clear explanation of the mechanisms of sleep, circadian physiology, and treatment protocols.

Speaker Disclosures:  
Financial: Catherine Darley founded The Institute of Naturopathic Sleep Medicine, Inc. She is on faculty at Bastyr University and the National College of Natural Medicine. Dr. Darley receives a speaking honorarium from PESI, Inc.  
Non-financial: Catherine Darley has no relevant non-financial relationship.

## Objectives

1. Identify which mental health symptoms accompany the many sleep disorders and its clinical implications.
2. Assess your clients' symptoms for sleep disorders that impair mental health to improve treatment outcomes.
3. Teach clients how to identify their optimal sleep quantity and resolve their sleep debt to improve client level of functioning.
4. Develop an optimal individual sleep treatment plan for your clients and implement skills to help them adopt the sleep healthy lifestyle.
5. Determine when referral for further sleep disorders treatment is an appropriate approach to manage symptoms.
6. Evaluate the mechanisms by which insufficient sleep and sleep disorders contribute to mental health problems for purposes of client psychoeducation.

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**Reflect**  
*Awaken to the Wisdom of the Here and Now*  
By Donald Altman, M.A., LPC

If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. *Reflect* taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.



**Digital Detox Card Deck**  
*56 Practices to Help You Detox, De-Stress, Distract and Discover*

By Goali Saedi Bocci, PhD  
Buzzing, ping-pong and grasping for our attention, our phones and screens can cause significant distress, as we lose touch with reality and the importance of self-care and emotional well-being. Take advantage of the 56 practices inside to detox from your devices, feel rejuvenated, find healthier coping skills, and embrace the present moment.

**Target Audience:** Counselors • Social Workers • Psychologists • Psychotherapists  
Therapists • Addiction Counselors • Marriage and Family Therapists • Case Managers  
Nurses • Physicians • Psychiatrists • Other Mental Health Professionals



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

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*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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