



# AGENDA

## *Introduction to Cognitive Behavioral Therapy for Insomnia (CBT-I)*

**Friday, March 24th, 2023 | 8:30am - 12 Noon**

Remote via Zoom

|          |   |
|----------|---|
| 8:30 am  | Welcome and intros  |
| 8:35 am  | Common sleep disorders  |
| 9:20 am  | Break   |
| 9:35 am  | Common sleep disorders, continued   |
| 10:20 am | Insomnia: Definition and assessment   |
| 10:35 am | Break   |
| 10:50 am | CBT-I: Including its effectiveness, the 3P etiological model, session-by-session review of components, and delivery options |
| 11:50 am | Q&A and wrap up   |



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