



The Michigan Psychological Association

Presents

**Identifying and Addressing your Patient's Sleep Problems: What may
be getting in the way of Treatment Progress**

Featuring

**Deirdre A. Conroy, Ph.D.
Ryan Cardinale, MS
Dawn Dore-Stites, Ph.D.
Todd Knowlton Favorite, Ph.D., ABPP
Jan Van den Bulck, PhD, DSc
Amanda Leggett, Ph.D.**

**Friday, February 3, 2017
8:30 a.m. – 4:30 p.m.
6 CE Credits**

VisTaTech Center
Schoolcraft College
18600 Haggerty Road
Livonia, MI 48152

Presenters & Program Description

Deirdre A. Conroy, Ph.D.

Dr. Conroy is a Clinical Associate Professor in the University of Michigan Department of Psychiatry. She obtained her Ph.D. in psychology from The City University of New York, New York, NY. She is board certified in sleep medicine and cognitive behavioral therapy. She is clinical director of the Behavioral Sleep Medicine Clinic where she focuses primarily on the evaluation and treatment of insomnia. Her clinical interests are in sleep psychology and integrative nutrition. Her research interests include the role of sleep disturbances in psychiatric disorders.

“Intro to sleep disorders and their treatments”

This presentation will help the attendee to identify symptoms of and considerations for the many common sleep disorders that may be comorbid in their patient population.

Learning Objective:

To become familiar with the symptoms of and treatments for common sleep disorders

Ryan Cardinale, MS

Ryan Cardinale is a PhD candidate in Clinical Science at the University of Michigan. His research focuses on identifying transdiagnostic markers that may aid clinicians in identifying the appropriate psychotherapeutic and psychopharmacological interventions for clients with psychological difficulties. Clinically, he has expertise using CBT, ACT, MBSR, ERP, and DBT to treat a range of psychological concerns.

“Cognitive Behavioral Therapy for Insomnia”

The prevalence of sleep difficulties in the general population is high, and it is even higher among those with mental illness. Behavioral sleep medicine provides evidence supported treatments in a multidisciplinary clinic to address sleep concerns. This presentation will focus on the assessment and treatment of sleep disorders (e.g., insomnia and circadian rhythm abnormalities) using evidence-based treatments that include cognitive-behavioral therapy for insomnia and circadian-focused therapies. A detailed overview of these treatments, along brief patient vignettes, will be provided.

Learning Objective:

To increase clinicians’ awareness of CBT for Insomnia and appropriate candidates for this therapy.

Dawn Dore-Stites, Ph.D.

Dr. Dawn Dore-Stites is an Assistant Professor in the Department of Pediatrics and Sleep Disorder Center at the University of Michigan. She completed her graduate training in clinical psychology at Western Michigan University. She completed a postdoctoral fellowship at the University of Michigan, receiving additional training in behavioral interventions in pediatric sleep. Clinically, Dr. Dore-Stites has specific interests in sleep problems in adolescents, the interplay between sleep problems and chronic illness and helping children adhere to CPAP for management of obstructive sleep apnea.

“Sleep Problems in Children and Adolescents”

At no other point in life does sleep change as quickly and dramatically as during infancy through adolescence. Recognizing appropriate sleep duration during this time is critical as it lays a foundation for understanding normative v. pathological sleep processes. This lecture will focus on normative sleep patterns during this time span and highlight symptoms warranting further assessment.

Learning Objective:

1. Identify appropriate sleep duration across infancy, childhood and adolescence and recognize symptoms of sleep problems.

Todd Favorite, Ph.D., ABPP

Dr. Todd Favorite serves as the Director of the University of Michigan Psychological Clinic, which serves the U-M student and faculty population and Washtenaw County and surrounding area. He has clinical expertise in treating adults with co-occurring depression, trauma symptoms, and medical comorbidity. Dr. Favorite has published peer reviewed articles and book chapters on these topics. His research projects have focused on cognitive behavioral treatments for these co-morbid disorders, and insomnia and trauma based nightmares. He has worked on intervention models for enhancing psychological resilience for college and graduate students at high risk for comorbid symptoms and suicide.

“Sleep Disorders in Combat Veterans: Current Research and Evidence -Based Practices”

There are two evidence based treatments available for trauma focused nightmares. Both methods utilize a brief, sequential approach that incorporates; psychoeducation on trauma nightmares, sleep hygiene, relaxation and visual imagery practice, and finally nightmare rescripting. Although Imagery Rehearsal Therapy (IRT) and Exposure, Relaxation, and Rescripting Therapy (ERRT) share these foundational aspects, they diverge in significant ways when it comes to the theoretical, structural and application.

Learning Objectives:

Participants will:

1. Differentiate between mechanism of action in IRT and ERRT.
2. How to integrate nightmare treatment with CBT

Jan Van den Bulck, PhD, DSc

Jan Van den Bulck earned a PhD in social sciences (Leuven, Belgium) and a DSc in epidemiology (Rotterdam, The Netherlands). He is currently a professor of media psychology at the Department of Communication Studies at the University of Michigan at Ann Arbor. He has been interested in how our media use affects sleep outcomes. Media use and sleep compete for the time people have available outside of school or work. Both topics are examples of the large extent to which our everyday lives are affected by the omnipresent communication and entertainment media.

“Sleep and the Media”

Learning Objective:

To identify and understand how current developments in the adoption, use, and content of electronic media is changing our sleep and the urgent need to understand the processes involved.

Amanda Leggett, Ph.D.

Dr. Amanda Leggett obtained her Ph.D. in Human Development and Family from Penn State with a specialization in adult development and aging. Her research focused on burden and stress experienced by caregivers for individuals with dementia and also depression in different contexts including the transition to long-term care, developing countries, and family caregivers for individuals with dementia. For the past 3 years she has been working as a postdoctoral fellow in geriatric mental health services at the University of Michigan in the Psychiatry Department. Her work on dementia care led her to a focus on sleep in late-life and its association with mental health.

“Using Sleep and Activity Monitoring devices with Older Adults”

This lecture will present results from a focus group and preventive intervention pilot study regarding the use of a portable bright light instrument, Re-Timer glasses, in older adults with subsyndromal symptoms of depression and poor sleep quality. Data from two sleep monitoring devices- an Actiwatch and a Fitbit, as well as a daily self-report sleep diary spanning approximately 27 days and nights will be presented, in addition to responses to self-reported questionnaires on sleep disturbances. Sleep patterns among older adults as well as comparisons of the devices will be highlighted.

Learning Objectives:

In this session participants will

1. Learn about common devices used to assess sleep and how they compare to one another.
2. Learn about participant’s perceptions of these devices and how they adhered to study procedures.

Program Timetable Friday, February 3, 2017

8:30 – 9:00 a.m.	Registration
9:00 – 10:00 a.m.	“Intro to Sleep Disorders and their Treatments” Deirdre Conroy, Ph.D.
10:00 – 11:00 a.m.	“Cognitive Behavioral Therapy for Insomnia” Ryan Cardinale, MA
11:00 – 11:15 a.m.	Break
11:15 - 12:15 p.m.	“Sleep in children and adolescents” Dawn Dore-Stites, Ph.D. Pediatric Sleep Medicine
12:15 – 1:00 p.m.	Lunch
1:00 – 2:00 p.m.	“Sleep Disorders in Combat Veterans: Current Research and Evidence -Based Practices” Todd Favorite, Ph.D.
2:00 – 3:00 p.m.	“Effects of media on sleep” Jan Van Den Bulck, Ph.D.
3:00 – 3:15 p.m.	Break
3:15 – 4:15 p.m.	“Using Sleep and Activity Monitoring devices with Older Adults” Amanda Leggett, Ph.D.
4:15 – 4:30 p.m.	Wrap up, evaluations

Continuing Education Credit

The Michigan Psychological Association (MPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The MPA maintains the responsibility for the

program and its content. *In accordance with APA rules, those arriving more than 15 minutes late or leaving more than 15 minutes early will be unable to obtain continuing education credits.*

REGISTRATION FORM

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6 CE Credits

VisTaTech Center, Schoolcraft College, Livonia, MI

Name _____ Degree _____
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Registration Fees

MPA Members • \$180
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MPA Student Members • \$60
Non-MPA Student Members • \$105

Please check to receive a membership application. When applying for membership you may register for the conference at the member rate. Membership will cover 2017 dues

Total Amount Due: \$

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