Integrating Sleep Management into Clinical Practice: Cognitive Behavioral Treatment for Children, Adolescents & Adults

(in conjunction with the BCPA Annual General Meeting 2014 at noon)
PRESENTED BY DR. CATHERINE SCHUMAN

FRIDAY NOVEMBER 28TH, 2014
9:00AM – 4:00PM @ University Golf Club
5185 University Blvd. Vancouver, BC V6T 1X5

CONTINUING EDUCATION CREDITS: 6

ABOUT THE WORKSHOP
Sleep affects every aspect of health, daily functioning and well-being. The purpose of this presentation is to provide practitioners with up-to-date information about sleep as well as the etiology, clinical assessment tools and management of two or more sleep disorders for children, adolescents and adults.

LEARNING OBJECTIVES
1. Participants will better understand normal sleep versus problematic sleep in children, adolescents and adults.
2. Participants will be able to identify three common child, adolescent and adult sleep disorders.
3. Participants will have knowledge of cognitive-behavioral treatments and their empirical support for treating three common child, adolescent and adult sleep disorders.

ABOUT THE PRESENTER: DR. SCHUMAN
Catherine Schuman, Ph.D. recently joined Geisinger Health System in Pennsylvania in a leadership position aimed at integrating behavioral health services into primary care on a comprehensive level across the state of Pennsylvania. Previously she has held positions as the Director of Behavioral Medicine and Behavioral Medicine Training at Cambridge Health Alliance and Harvard Medical School as well as the Director of Sleep Psychology at the University of Vermont College of Medicine and Fletcher Allen Health Care. She divides her time between three passions: treating individuals to better cope with their medical conditions, research and teaching. Dr. Schuman has published a book, several book chapters and peer reviewed articles about the integration of sleep management into clinical practice and the relationship between stress, physical disease, and psychological well-being and impact of health disparities. She is currently working on the third edition of the book she co-edited, Clinical Handbook of Insomnia. Most recently she published the article, Integrating Sleep Management into Clinical Practice in the Journal of Clinical Psychology in Medical Settings. She is also the President-Elect for the Association of Psychologist in Academic Health Centers.

REGISTER EARLY TO GET $24 DISCOUNTS!

CANCELLATION POLICY:
CANCELLATIONS MUST BE RECEIVED IN WRITING BY MONDAY NOVEMBER 17TH, 2014. A 20% ADMINISTRATION FEE WILL BE DEDUCTED FROM ALL REFUNDS. NO REFUNDS WILL BE GIVEN AFTER NOVEMBER 17TH, 2014.

Free Parking. Go Green: http://tripplanning.translink.ca/
**EARLY BIRD REGISTRATION** (UNTIL OCT 10th, 2014)

- Early Bird (Non-Members): $246.75 (incl. GST)
- BCPA Members and Affiliates: $173.25 (incl. GST)

**REGULAR REGISTRATION** (OCT 11th – NOV 24th, 2014)

- Regular (Non-Members): $270.90 (incl. GST)
- BCPA Members and Affiliates: $197.40 (incl. GST)

**MEAL REQUIREMENTS**

- Regular meal
- Vegetarian meal
- Special needs or allergies (please include details below)

**I WILL ATTEND BOTH THE WORKSHOP & AGM**
**I WILL ATTEND THE WORKSHOP ONLY**
**I WILL ATTEND THE AGM ONLY**
**I AGREE TO THE CANCELLATION POLICY (REQUIRED)**

Name: ____________________________________________
Address: __________________________________________
City: _____________________________________________
Postal Code: ______________________________________
Phone: __________________________________________
Email: ____________________________________________

GST # 899967350. All prices are in CDN funds.
Please include a cheque for the correct amount, not post-dated, and made out to “BCPA” or “BC Psychological Association”.
If you prefer paying by credit card, please register online. Workshop fee includes handouts, morning & afternoon coffee, and lunch. Free parking is available. Participant information is protected under the BC Personal Information Act.

**FUTURE (2015) WORKSHOPS:**

**FITNESS-FOR-DUTY & PROFESSIONAL PRACTICE EVALUATIONS: ETHICS AND ASSESSMENT TECHNIQUES**
Presented by Dr. Mark Zelig
9:30AM – 4:30PM Friday March 27th, 2015
@ Park Inn & Suites on Broadway

**IMPACT THERAPY: A MULTISENSORY APPROACH TO THERAPY (WHAT ADVERTISERS KNOW THAT THERAPISTS SHOULD KNOW)**
Presented by Dr. Ed Jacobs & Dr. Nina Spadaro
9:00AM – 4:00PM Friday April 24th, 2015
@ University Golf Club