Help Teens and Young Adults Sleep Well: Practical, Evidence-Based Strategies

JOIN US FOR THIS EXCITING ONE-DAY WORKSHOP

January 22, 2021 9:00 - 4:30 pm
ZOOM Video Conference

This workshop will use didactics, experiential exercises, & breakout room role-plays to teach the evidence-based Transdiagnostic Sleep and Circadian Rhythm (TranS-C) Intervention which addresses arousal, insomnia, hypersomnia and delayed phase problems.

Dr. Colleen Carney is an Associate Professor at Ryerson University & Director of the Sleep & Depression Laboratory.

- Leading expert on cognitive behavioural insomnia treatment for those with comorbid illness.
- +20 years experience in behavioural sleep medicine.
- Dynamic, experienced speaker, who trains students and professionals in CBT for insomnia.
Don't miss this event!

Get your tickets today!

What attendees can expect to learn:
- What causes sleep problems and how to identify targets in young adults
- How to use motivational interviewing techniques to help set beneficial goals
- How to collaborate with teens on stabilizing their schedule
- Tips to address sleep-related worry
- How to manage difficulty waking up, fatigue and sleepiness
- Why the bed must be associated with sleep (and strengthen the association)
- Why too much time in bed can be as damaging as too little
- How to use free sleep app to capitalize on teens' natural inclination towards self-management
- How to talk to parents about supporting change

Tickets can be purchased at www.eventbrite.com
Key Word: STAR Centre


Early Bird (before Dec 31st) $240, Student Rate $220, General Admission $299

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