

Behavioural Sleep Medicine

Behavioural Sleep Medicine addresses behavioural dimensions of normal and abnormal sleep mechanisms and the prevention, assessment, and treatment of sleep disorders and associated behavioural and emotional problems. In the past decades, research has shown that non-drug treatments for insomnia (especially cognitive-behavioural therapy for insomnia, CBT-I) can improve sleep in all age groups.

Workshop

The three-day online course on behavioural sleep medicine aims at providing up-to-date information on the treatment of insomnia through behavioural and cognitive methods. This includes psychoeducation, relaxation therapy, stimulus control, sleep restriction therapy, and cognitive therapy. The course is aimed at professionals involved in the diagnosis and treatment of insomnia and is open to applicants from all countries. The course will be held in English, thus competence in understanding spoken English is required.

Thursday	11 April 2024	3:00 pm – 6:45 pm
Friday	12 April 2024	9:00 am – 6:00 pm
Saturday	13 April 2024	9:00 am – 12:30 pm

Please be aware that the time schedule is planned in CET – Central Europe Time.

Target audience

Physicians, clinical psychologists and other health care professionals seeking to increase their knowledge of cognitive behavioural therapy for insomnia (CBT-I).

Information for your online attendance

Important links

- [Homepage](#)
- [Registration](#)

Registration

Registration fee 500 EUR

The registration fee includes the participation in the scientific programme, all event documents such as handouts and CME-Points.

Registration information

Registration must be submitted no later than two weeks before the workshop. Cancellations can be made in written form only and only will be accepted if received by 15 March 2024. A cancellation fee of 50 EUR will be charged. Any cancellations after this date or no-shows at the event are not eligible for a refund and the full fee in accordance to the registration invoice or confirmation will be due.

Number of participants

Minimum	20
Maximum	50

Organisation of the scientific programme

Prof. Dr. Dieter Riemann
University Medical Center Freiburg
Department of Psychiatry and Psychotherapy

General inquiries

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Cognitive behavioural therapy for insomnia (CBT-I)

11–13 April 2024



Deutsche Gesellschaft
für Schlafforschung und
Schlafmedizin (DGSM) e. V.



Endorsed by the

European Sleep Research Society
Sleep Research and Sleep Medicine in Europe

Speakers



Dieter Riemann, PhD

Professor of Clinical Psychophysiology and Director of the sleep centre at the University of Freiburg Medical Centre; Behavioral somnologist (DGSM, ESRG); Licensed psychotherapist and supervisor



Christoph Nissen, MD

Professor of Clinical Psychiatry and Psychotherapy, Chief physician (clinic) and vice director of the University Hospital of Psychiatry and Psychotherapy, Bern/Switzerland



Kai Spiegelhalter, MD PhD

Professor (apl.) of Psychology; Senior researcher and research group leader at the University of Freiburg Medical Centre; Licensed psychotherapist



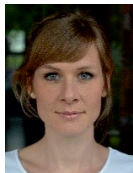
Chiara Baglioni, PhD

Professor at the Telematic University of Rome; Senior researcher at the University of Freiburg Medical Centre; Licenced psychotherapist



Lukas Frase, MD

Senior physician and research group leader at the Department of Psychiatry and Psychotherapy, University Medical Center Freiburg



Anna Johann, M.Sc.

Clinical psychologist at the Department of Psychiatry and Psychotherapy; University Medical Center Freiburg



Elisabeth Hertenstein, PhD

Clinical psychologist and post-doc at the University Psychiatric Services Bern, Switzerland

Programme

Thursday, 11 April 2023 | 3:00 pm – 6:45 pm CET

3:00 pm Welcome and course information
Dieter Riemann, Christoph Nissen, Kai Spiegelhalter, Chiara Baglioni, Lukas Frase, Anna Johann, Elisabeth Hertenstein

3:30 pm Overview of normal sleep
Dieter Riemann

5:00 pm Afternoon break

5:15 pm Clinical diagnostics of sleep disorders
Kai Spiegelhalter

Friday, 12 April 2024 | 9:00 am – 6:00 pm CET

9:00 am Sleep restriction therapy and stimulus control therapy
Anna Johann

10:30 am Morning break

10:45 am Opportunities and limitations of CBT-I in psychiatry
Christoph Nissen

12:15 pm Lunch break

1:00 pm Psychoeducation, relaxation therapy, cognitive therapy
Kai Spiegelhalter

2:30 pm Afternoon break

2:45 pm CBT-I in comorbid insomnia
Anna Johann

4:15 pm Another afternoon break

4:30 pm Acceptance and commitment therapy for insomnia
Elisabeth Hertenstein

Saturday, 13 April 2024 | 9:00 am – 12:15 pm CET

9:00 am CBT-I in children and adolescents
Chiara Baglioni

10:30 am Morning break

10:45 am Pharmacotherapy for insomnia
Lukas Frase

Further information



Further information will be provided after registration.