

**Lunchtime Learning
June 16, 2022 at Noon**

The ABZzz of Behavioral Sleep Medicine: Listening to our patients' sleep complaints with a more discerning ear
Amanda Seavey, PhD, DBSM

Sleep disturbance is a transdiagnostic concern and is thought to have a bidirectional relationship with many common psychiatric disorders. As such, it's critical that psychologists have a general understanding of sleeplessness as both symptom *and* syndrome. Behavioral sleep medicine, the intersection of sleep disorder medicine and health psychology, is a rapidly growing area of research and clinical practice, and offers much more than its most well-known progeny, CBT-I. This presentation will review basic factors underlying normal and disordered sleep, introduce common sleep disorders that often masquerade as or present comorbid with insomnia, and describe the components of effective behavioral treatments for common sleep disorders. Attendees will come away with a more discerning ear with which to listen to their patient's sleep complaints.

Fee: NCPA Members - \$15.00; Non-members - \$30.00

Instructional Level: Intermediate

Educational Format: Lecture with PowerPoint

Learning Objectives:

By the end of the institute, participants will be able to:

1. describe basic behavioral, psychological, and physiological factors underlying normal and disordered sleep,
2. identify common sleep disorders that they are likely to encounter in clinical practice and describe respective recommended treatments, and
3. identify and refute common misconceptions about sleep and treatments for sleep disorders.



Instructor:

Amanda Seavey, Ph.D., DBSM is a Licensed Psychologist and Board-certified behavioral sleep medicine specialist. Dr. Seavey earned her doctorate in clinical psychology from the University of Tennessee- Knoxville and completed her predoctoral clinical internship at Duke University Medical Center. She is the founder of Clarity Psychological Wellness, an outpatient psychology clinic offering therapy to adults and adolescents in the greater triangle area. She frequently offers trainings and supervision in the field of behavioral sleep medicine. Dr. Seavey's clinical work is focused on the treatment of trauma, depression, anxiety, and sleep-wake disorders including insomnia, circadian rhythm disorders, hypersomnia, narcolepsy and parasomnias.

Continuing Education Information:

This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. This workshop is offered for 1 hour of Category A credit.

Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.