

MODULE	LEARNING OBJECTIVES
Setting the Stage: Insomnia Assessment & Treatment Overview	<ol style="list-style-type: none"> <li>1. Identify key questions to ask your patient with insomnia.</li> <li>2. Name the first-line treatment for chronic insomnia and its components.</li> </ol>
CBT-I: Sleep Scheduling	<ol style="list-style-type: none"> <li>1. Apply the CBT-I techniques of sleep scheduling</li> </ol>
CBT-I: Calming the Racing Mind	<ol style="list-style-type: none"> <li>1. Apply CBT-I techniques for de-arousal</li> </ol>
Sleeping pills and how to safely and effectively stop their chronic use	<ol style="list-style-type: none"> <li>1. Describe the risks of BZRAs, especially for older adults.</li> <li>2. Educate patients about the link between BZRA withdrawal experiences and usage reinforcement</li> <li>3. Develop and implementing a BZRA dose reduction plan</li> <li>4. Identify resources that improve your patient's motivation and capacity for BZRA treatment discontinuation</li> </ol>
Case-Based Approach to Developing Abilities for Stopping Long-Term Use of Sedative-Hypnotics	<ol style="list-style-type: none"> <li>1. Initiate a gradual dose reduction plan using a team approach</li> <li>2. combine sedative-hypnotic GDR with CBT-I</li> </ol>
Brief appointments to support CBT-I and Deprescribing of Sedative-Hypnotics	<ol style="list-style-type: none"> <li>1. Facilitate brief behavioural interventions for insomnia over four sessions</li> <li>2. Coach patients who are pursuing self-guided CBT-I using online resources</li> </ol>
Running a CBT-I-Group Program	<ol style="list-style-type: none"> <li>1. Identify the key processes in setting up a group CBT-I program</li> <li>2. Compare and contrast in-person and virtual group program</li> <li>3. Explain the general outline of a CBT-I program</li> <li>4. Identify tools and resources to develop and individualize your own CBT-I program</li> </ol>
Applying the Strategies to your Setting: Addressing your Questions	<ol style="list-style-type: none"> <li>1. Plan how you will employ techniques learned in your practice.</li> </ol>