New Online Continuing Education Course on Cognitive-Behavioral Therapy for Insomnia from HealthForumOnline

HealthForumOnline (HFO), a nationally-approved provider of online continuing education (CE) courses for mental health professionals, has recently added a new course entitled Cognitive-Behavioral Therapy for Insomnia (CBT-I). A growing dissatisfaction with pharmacotherapy of insomnia has led to an interest in evidence-based nonpharmacologic treatments. CBT-I, a multimodal approach targeting the behavioral and psychological factors that initiate and maintain insomnia has proven effective in different patient populations, including various comorbid medical and psychiatric illnesses. This online course describes the techniques used in CBT-I and addresses treatment considerations. Each of HFO’s over 80 CE courses are fast, convenient and especially cost-effective as health professionals have free ongoing access to course updates beyond completion of the CE activity.

Philadelphia, PA (PRWEB) October 16, 2012 -- HealthForumOnline (HFO), a nationally-approved (APA, ASWB, NBCC, PSNA, CA-BBS) provider of online continuing education (CE) is pleased to announce a new course entitled, Cognitive-Behavioral Therapy for Insomnia (CBT-I) its extensive online CE resource library for psychologists, social workers, counselors, nurses and other allied healthcare professionals.

The National Center on Sleep Disorders Research describes insomnia as difficulty initiating or maintaining sleep for at least 3 nights per week.(1) However the diagnosis is more commonly based on subjective complaints in quality and quantity of sleep associated with marked distress or significant daytime impairment. (2) In the U.S. alone, insomnia is the second most common chronic health problem, led only by chronic pain, as well as the second most common psychological health problem. (3) The National Health Foundation reports that insomnia affects approximately 33% of the U.S. population, with 9% reporting insomnia on a regular nightly basis and 24% reporting occasional insomnia (e.g., 1)

Insomnia impacts far more than sleep. Well documented consequences including functional impairment, work absenteeism and disability, impaired concentration and memory, increased medical services utilization, increased risk of motor vehicle and work accidents, and heightened risk of developing depression and/or an anxiety disorder. (e.g., 4, 5) Increased use of prescription medications, over-the-counter products and alcohol have also been associated with insomnia. (e.g., 6)

Yet, despite being a major health problem for many people and a burden on our healthcare system, insomnia remains inadequately treated. (7) Pharmacotherapy, including the use of hypnotics and antidepressants, is the most common treatment for insomnia, however, concerns about side effects, tolerance, and long term use have led to an increased interest in the use of non-pharmacological interventions such as cognitive-behavioral therapy. (8)

Cognitive-behavioral therapy for insomnia (CBT-I) is a safe and effective nonpharmacological alternative. As a multimodal approach, CBT-I targets the behavioral and psychological factors that initiate and maintain insomnia. Moreover, CBT-I has been shown to be effective in treating insomnia in several different populations and with various comorbid medical and psychiatric illnesses. (8)

This new online course from HealthForumOnline describes the cognitive and behavioral techniques used in
CBT-I, as well as reviews the current literature on its efficacy and clinical applications. Specifically, health professionals will be able to: 1) define insomnia and recognize several associated biopsychosocial consequences; 2) discuss CBT-I from a theory- and evidence-based perspective and its proven utility as a non-pharmacologic treatment of insomnia; 3) identify the behavioral and cognitive components of CBT-I; and 4) address clinical considerations and incorporate common CBT strategies in the treatment of patients with primary, as well as secondary, insomnia.

Psychologists, social workers, counselors, nurses and other allied health professionals can chose from HFO’s 19 categories of continuing education (CE) topics related to health psychology and behavioral medicine containing over 80 online CE courses that are fast, convenient and cost-effective. For more information on this course or a complete listing of titles in our online CE resource library, visit HealthForumOnline.com.

About HealthForumOnline:
HealthForumOnline (HFO) is approved as a provider of CE courses by the American Psychological Association, the National Board of Certified Counselors, the Association of Social Work Boards, and several state professional organizations, including the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation, and the California Board of Behavioral Sciences. HFO’s CE Program’s Advisory Committee and authors are comprised of over 60 nationally-recognized experts in behavioral medicine.


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