

An AACBT National Workshop

CBT for Transdiagnostic Sleep Problems in Clinical Practice: Basics & Beyond



Professor Allison Harvey is bringing her keynote workshop from our 39th National Conference in Brisbane to Sydney! If you can't make it up the coast to #AACBT18, then take advantage of this local presentation.

GUEST SPEAKER PROFESSOR ALLISON HARVEY

Sleep and circadian problems are among the most prevalent problems. They undermine our emotional functioning, our health, our cognition and they contribute to behavioural problems such as risk taking and substance use.

Much research on sleep and circadian problems has been disorder-focused—treating a specific sleep problem (e.g., insomnia) in a specific diagnostic group (e.g., depression).

However, real life sleep and circadian problems are not so neatly categorized. Insomnia often overlaps with hypersomnia, delayed sleep phase and irregular sleep-wake schedules.

This core observation was one of the factors that motivated us to develop the Transdiagnostic Sleep and Circadian Intervention (TranS-C). The goal of TranS-C is to provide a treatment approach for a variety of sleep problems comorbid with a variety of psychological and physical disorders, and that can be used confidently by a variety of mental health professionals.

- **When** Monday 22 October 2018
- **Where** Sydney @ The Grace Hotel
- **Tickets**
- AACBT Early Bird Members \$295 (until 23 Aug 18)
- AACBT Members \$325
- AACBT Student Members \$110
- Non-Members \$455

Prof Allison Harvey is primarily interested in transdiagnostic approaches to treatment development, behaviour change, sleep and comorbidity across adolescence and into adulthood.

Dr Harvey's aim is to develop more effective and efficient treatments for psychiatric and psychological health problems by applying a multi-systems and mechanisms-focused framework, and using intervention research to develop hypotheses about and/or confirm mechanisms.



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