

Cognitive Behavioural Therapy for Insomnia

In response to a plea for help from the Sleep Disorder Unit at the John Radcliffe Hospital, Oxford, the IAPT team at the South Central Strategic Health Authority (now abolished) trained up staff in all IAPT services to deliver an evidence-based, effective 6 week treatment to patients suffering with long-term insomnia and accompanying mild depression and/or anxiety.

Over the past few years the CBT-Insomnia has become an important treatment offering within the IAPT services especially for GPs and their patients who felt they had reached the end of the road in terms of treatment options and referrals have increased year on year.

Originally the treatment was offered as an individual, face to face option facilitated by a Psychological Well-being Practitioner (PWP) but as practitioners became more confident and experienced and with numbers increasing there has been a move towards group interventions.

The '[Sleep Management Course](#)' consists of the following modules:

Session 1: Sleep Hygiene.

Session 2: Sleep efficiency and sleep restriction.

Session 3: Stimulus control.

Session 4: Relaxation.

Session 5: Cognitive techniques.

Session 6: Review and maintaining progress.

All sessions have been written up in detail including patient hand-outs and a number of South Central (as was) IAPT/ Talking Therapies services are able to offer this 2 day training to other areas.

For more information contact:

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