

# Cognitive Behavioural Therapy for Insomnia (CBT-I)

Providing resources, education and strategies to enhance your ability to change behaviours and thoughts that impact on sleep.

## Who is the program for?

Designed to assist people with primary or secondary insomnia, including one or more of the following symptoms:

- Difficulty falling asleep or staying asleep
- Difficulty returning to sleep after awakenings
- Waking up not feeling refreshed
- Daytime fatigue
- Difficulty functioning during the day
- Worry about sleep
- Low mood related to sleep difficulties.

## Program content

- Sleep and insomnia education
- Managing negative thoughts
- Stress management
- Relaxation

### About the program

This program utilises cognitive behavioural therapy which is proven to be highly effective in treating insomnia, particularly for long term improvements in sleep. This program assists people to change behaviours and thoughts that impact on their ability to sleep well.

### When is it held?

This closed group program is held Saturday mornings over four weeks and one follow up session. Morning tea is provided.

8.45am - 9.00am	Registration and sign in
9.00am - 12.15pm	Group program

### How to join

If you are interested in attending this program you will need to discuss this with your treating Psychiatrist or General Practitioner who will assess your suitability and if appropriate, provide a referral.

### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. All health funds have different rules. Please check with our Therapy Liaison Officer, who will advise if any out-of-pocket excess or gap costs are applicable to you.

### Further Information

For information on this program please contact our Therapy Liaison Officer

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