

INSOMNIA TREATMENT



WHAT: A 6-session course that teaches how to implement Cognitive Behaviour Therapy (CBT) skills to manage chronic insomnia. CBT is a scientifically proven psychological treatment for sleep problems and is considered the first-line treatment for insomnia. The course will teach you strategies designed to improve sleep quality. Before enrolling in the course, an assessment is required to ensure that the content will be appropriate for you.

WHEN: The course will run on Mondays from 5:00-6:30pm starting on February 10, 2020 .

WHERE: The course will take place at the Waterloo CBT Clinic, located at 570 University Avenue East, Unit 903, Waterloo, ON.

FOR WHO: Adults who experience chronic difficulties falling asleep/waking up often or for long periods of time/waking up early *and* who want to learn strategies for improving sleep patterns.

FACILITATOR: The course is being facilitated by Dr. Dubravka Gavric, who is a registered clinical psychologist with expertise in the treatment of insomnia.

COST: The total cost of the assessment and insomnia course is \$860. The cost of the assessment is \$350, which includes a psychological evaluation to determine suitability for the course and a discussion of treatment recommendations. The cost of each session is \$85 (6 weeks x \$85 = \$510). It is important that individuals commit to attending all sessions as the materials are related and build on each other (make-up sessions can be arranged). Many private insurance plans will cover all or part of the course fees.

HOW TO GET STARTED: The first step is to speak with us briefly on the phone to discuss your concerns and to give you some additional information about the course. After that, if you are interested in moving forward we will arrange a time to meet for the assessment (90 minute individual appointment).

INTERESTED? CONTACT US:



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