

# VIRTUAL INSOMNIA TREATMENT



**WHAT:** A 6-session virtual program 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 program will provide you with strategies to improve sleep quality. Before enrolling in the program an assessment is required to ensure that the content will be appropriate for you.

**WHEN:** The course will run on Mondays from 5:00-6:30 pm starting on February 8, 2020 .

**WHERE:** The program will happen virtually on our secure video platform. Participants will be required to participate in the program in a private location and only first names will be used.

**FOR WHO:** Adults who experience chronic difficulties falling asleep/waking up often or for long periods of time/waking up early. The program is only open to resident of Ontario.

**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 \$900. The cost of the assessment is \$390, which includes a psychological evaluation to discuss 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). Most private insurance plans will cover all or part of the program 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 program. After that, if you are interested in moving forward we will arrange a time to meet for the virtual assessment (90 minute individual appointment).

## INTERESTED? CONTACT US:



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