



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 and is considered the first-line treatment for insomnia.

WHEN: Tuesdays from 5:00-6:30pm starting on January 17, 2023.

WHERE: The program will happen virtually via Zoom for Healthcare.

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

FACILITATOR: The program is facilitated by Dr. Dee Gavric, who is a registered clinical psychologist with expertise in insomnia treatment.

COST: The total cost of the assessment and insomnia program is \$890. The cost of the assessment is \$380. The cost of each session is \$85 (6 weeks x \$85 = \$510). Most private insurance plans will cover part of the fees.

HOW TO GET STARTED: The first step is to speak with us on the phone to discuss your concerns. If you are interested in moving forward we will arrange a time to meet for a virtual assessment to ensure the program is a good fit for you (90 minute appointment).

CONTACT US FOR MORE INFORMATION

TEL: 226-686-0848, EXT.3

EMAIL: info@waterloocbt.ca

WEBSITE: www.waterloocbt.ca