

Positive Psychology and Cognitive Behavioral Therapy

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A self-administered treatment for relief from insomnia, anxiety and trauma

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Millions of people suffer from insomnia, anxiety and trauma, conditions that have damaging effects on almost every area of life. Pharmacologic treatment carries dangers of addiction and side effects. Numerous studies have proven that cognitive-behavioral therapy is an effective treatment for these conditions. To compliment in-person behavioral treatment, there is the need for effective self-administered treatment. To meet this need, this presentation will cover highly effective techniques that are simple yet commonly overlooked. This video will be tailored to also be a self-administered treatment to which you can refer your patients for basic relief. Instead of working with thoughts and emotions, you will learn a simple way to calm the corresponding body tension (a physical expression of the unconscious mind), which automatically creates positive shifts in mind and emotions. You will learn responses to body discomfort that are damaging and responses that are beneficial, plus specific body sensations that are physical triggers for calming the nervous system. Calming these few core body sensations is easier and more effective than general relaxation and results in a fundamental feeling of internal safety and trust. You will also learn: Research data about the damaging effects of poor sleep and the benefits of good sleep; how these physical triggers work and steps for simple and safe mind-body integration applied to relief from insomnia, anxiety and trauma; steps to reduce internal struggle and the fear that is at the root of much discomfort and; a quick stress-reduction method to use when your eyes are open and you're in the midst of activity. This session will include an experiential exercise, plus a summary card, so you and your patients will be able to use some of these elements in everyday life.

Biography

Richard Shane, PhD, is a Behavioral Sleep Specialist for New West Physicians, Colorado. From 2009-2014, he was the behavioral sleep specialist for Lutheran Medical Center Sleep Center, Denver. He developed the Sleep Easily learn-at-home program that has been proven effective in a study published in the May 2016 issue of the *Journal of Sleep Disorders and Therapy*.

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