

## Sleep Disorders

Sleep disturbances are pervasive across all psychiatric disorders, and they affect nearly 45% of adults and 15% of teens in the US. Regardless of your therapeutic approach, sleep problems are bound to come up in your sessions, yet many clinicians feel unequipped to address them. Sleep is not just a basic need, it's a key psychological tool that can significantly enhance your therapeutic work. If you've ever felt unsure how to help your patients improve their sleep or struggled to integrate sleep solutions into your practice, this webinar is for you!

Join us for a practical, engaging session where you'll learn essential sleep science and proven therapeutic techniques that will transform how you address sleep issues with your patients. In this hands-on seminar, you'll gain:

- A clear understanding of the latest research on sleep, including how sleep affects mental health and therapeutic outcomes
- Actionable tools for assessing and improving your patients' sleep with a straightforward Sleep Inventory of behavioral interventions
- An easy-to-understand explanation of the powerful role dreams and nightmares play in therapy and how you can leverage them in your practice
- A simple, evidence-based psychological technique Dr. Mayer calls DreamScaping to help patients clear their minds and prepare for restful sleep
- Special considerations for age groups across the lifespan, enabling you to apply these techniques to a wide range of patients

This seminar isn't about complex sleep science it's about giving you the practical skills to help your patients improve their sleep, enhance their mental health, and ultimately improve the effectiveness of your therapy. By the end of this session, you'll feel confident integrating sleep solutions into your work, and you may even find your own sleep benefiting from the techniques shared!

### Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Discuss the latest research on sleep and how it directly impacts your therapy practice.
2. Identify an effective, evidence-based Sleep Inventory to help patients improve their sleep patterns.
3. Describe the crucial role of dreams and nightmares in all therapeutic modalities.
4. Explain how improving sleep can dramatically increase the effectiveness of psychotherapy.
5. Describe DreamScaping, a powerful technique to guide your patients in clearing their minds for better sleep.

### Seminar Schedule

Typically begins at 10:00 PM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 1 PM ET

Sleep-What science tells us

The stages of Sleep- REM sleep- Light exposure and sleep

Sleep needs at different age

groups- Introduction to the Sleep Inventory

1:50pm ET - short break

200pm ET - Resume

Answer questions provided in the chat box

Introduction to the DreamScaping Technique

250pm ET - 10min break

3:00pm ET - Resume

Answer Questions from the chat box

Kids and sleep

Bed Wetting

Bed/Sleep as punishment

Teens and sleep

Review the combination of the Sleep Inventory and DreamScaping

QVRT Quantity-Quality-Regularity-Timing

Dreams and Nightmares

Fairy Dust: Misc facts, tips, techniques: Sleep position; Sleep and weight loss; Naps and postprandial dip; Sleep and suicide; Sleep and safety...and more.

End 4:20 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

With over 35 years of clinical experience and approximately 90,000 therapy sessions under his belt, Dr. Mayer has a wealth of practical knowledge and insight into the challenges that mental health professionals face daily. His extensive expertise is backed by decades of hands-on work, helping individuals and families overcome the toughest emotional and psychological hurdles.

Dr. Mayer is not only a practicing clinical psychologist but also a sought-after public speaker known for his dynamic, engaging style. He brings a unique energy and passion to every session, captivating his audience with clear, actionable insights.

As the author of over 20 books and 60 journal articles, Dr. Mayer's contributions to the field are both vast and influential. His writing isn't limited to psychology, he's also an award-winning fiction writer and screenwriter, with four novels and 11 screenplays published. This diverse creative background gives Dr. Mayer a fresh, multidimensional perspective on therapy, allowing him to bring innovative ideas into every aspect of his work, including sleep therapy.

Dr. Mayer's academic credentials are equally impressive. A graduate of Northwestern University Medical School in clinical psychology, he's taught at several prestigious universities and is currently an associate professor at the University of Nuevo Leon in Monterrey, Mexico. His research and intervention techniques on sleep, particularly in relation to mental health, have been published in his books *Family Fit: Find Your Balance in Life* and *The Parent's Mini-Manual: Sleep: Helping Your Family Members, Teens, Children, and Bedwetting*.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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