Department of Veterans Affairs, Employee Education System

and

The National Center for Post-Traumatic Stress Disorder (NC-PTSD)

Present

Assessment and Treatment of Sleep Problems in PTSD – Cognitive Behavioral Treatment

VA TMS Item # 23692/ 14.EL.MA.PTSDSLEEPCBT4.A

Program Release: March 15, 2015 **Program Expiration:** March 15, 2018

Place
Your computer work station.

Purpose Statement
The National Center for PTSD acknowledges that one of the most common presenting complaints in those with PTSD is sleep disturbance. Problems with sleep may lead to further exacerbation of PTSD and other comorbid symptoms. Despite the growing recognition that sleep disturbances are one of the most common detrimental components of PTSD, many providers are not well educated on effective protocols for improving sleep. The goals of this knowledge based course are to address this practice gap by a) providing information on both pharmacological and cognitive behavioral interventions for Veterans seeking help with their PTSD-related sleep problems, and b) to highlight the innovative ways the psychotherapy interventions can be implemented in groups and through telehealth technology. This course focuses on utilizing Cognitive Behavioral Treatment (CBT) therapy in treatment.

Target Audience
Psychologists, social workers, and advanced practice nurses as well as other mental health providers involved with treating patients with PTSD.

Outcome/Objectives
At the conclusion of this educational program, learners will be able to:

1. list the key elements of CBT-I therapy;
2. describe efficacy evidence for CBT-I;
3. identify ways to incorporate CBT-I into PTSD treatment implementation;
4. identify the ways that CBT-I is being incorporated in VA care;
5. apply the core elements of Cognitive Behavior Therapy (CBT) into treatment for insomnia for patients with PTSD;
6. discuss other psychotherapy options including Imagery Rehearsal Therapy (IRT).; and
7. identify contraindications for use of sleep medications (older patients, patients with history of TBI, use of other medications, sleep aids).

Registration / Participation in the Activity Procedure

1. Length of course: One hour
2. Review EES Program Brochure
3. Attend and participate in 100% of program activity
4. Complete Post Test Exam at a minimum passing score of 80%
5. Complete Program Evaluation **no later than** 4/15/2018.

Asynchronous Activity

Instructions to complete this web based activity:

1. Log into TMS.
2. Locate the TMS Item Number 23692 using the search function.
3. Participant must view and participate in all the course modules
4. Complete and pass with 80% or better the course posttest
5. Complete SEES evaluation in TMS in order to receive continuing education credits.

The TMS direct link to the course is: insert link)

Instructions for Completing Evaluation in TMS to Access Accredited Certificate

Please note: Program evaluations must be completed within *30 days* of the conclusion of the program in order to receive a program certificate

1. Log in to TMS.
2. If you **have not registered** for the course:
   a. Contact the EES POC listed in this brochure to be registered.
3. If you **have registered** for the course:
   a. Use the To-Do List search field in the upper left portion of your To-Do List to locate the item number.
4. Hover over the title and click "View Details."
5. In the Item Details screen, click the link Start Course button.
6. Once content is completed, close the window.
7. Click "Return to Online Content Structure."
8. Click the "Link to Evaluation and Certificate." ***Be sure you have completed all the content objects listed before attempting to access the evaluation.** *Note: If you don't see the new window, check behind other open windows.
9. Complete the SEES Evaluation. Once submitted, close the window.
10. Click "Return to Online Content Structure."
11. There should now be a date next to both links in the Online Content Structure window.
12. Some courses require a Self-Certification to record completion. If there is a Self-Certification link present, click the link and follow the instructions given.
    You have now completed your requirements for this course, and the item should be located in your Completed Work.

To access your <u>Accredited</u> certificate in TMS, please follow the steps below:

1. From the Home screen in TMS, click on "Completed Work."
2. Hover the mouse over the title of the program, and click "View Details" in the popup window that appears. DO NOT click on the "Print Certificate" here – this will give you the generic TMS certificate.
3. In the Completed Work Details screen, you should see a section named "Accreditation Details."
4. Click the "Print Accredited Certificate" button next to your requested Accreditation.

Your Accredited certificate should appear on the screen for you to save or print.

Accreditation/Approval

The accreditation organizations for this course are listed below.

American Psychological Association (APA)

The VA Employee Education System (EES) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Employee Education System maintains responsibility for this program and its content.

American Nurses Credentialing Center (ANCC)

VHA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Note: *ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.*

National Board for Certified Counselors (NBCC)

The Veterans Affairs Employee Education System is an NBCC-Approved Continuing Education Provider (ACEP™) Provider #5927 and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Designation of Continuing Education

American Psychological Association (APA)

As an organization approved by the American Psychological Association, the Employee Education System (EES) is sponsoring this activity for 1 hour(s) of continuing education credit. The Employee Education System maintains responsibility for this program and its content.

American Nurses Credentialing Center (ANCC)

VHA Employee Education System designates this educational activity for 1 contact hours in continuing nursing education.

Note: ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.

Association of Social Work Boards (ASWB)

The VA Employee Education System, Provider Number 1040, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. http://www.aswb.org ASWB Approval Period: 4/7/13 - 4/7/16. Social workers should contact their regulatory board to determine course approval.

Social workers will receive 1 continuing education clock hours in participating in this course.

*Due to recently enacted legislation, **NY licensed social workers** are not eligible to use ASWB-accredited continuing education to meet future licensure requirements. Courses that are not specifically designated for continuing education by the New York State Office of the Professions, State Board for Social Work will not be accepted to renew licensure. Social workers licensed in NY may not use continuing education credit from this activity to meet licensure requirements. Please contact your state licensing board (website: www.op.nysed.gov/prof/sw/, or phone: 518-473-1426) for additional information.*

*Due to recently enacted legislation, **NJ licensed social workers** continuing education licensure requirements have changed. This course is considered 'in-service' by the NJ State Board of Social Work Examiners. To meet continuing education licensure requirements, **NJ licensed social workers** may claim one credit of continuing education for each credit earned; up to half of the required continuing education credits may be claimed via participation in in-service activities. Please contact your state licensing board (website: http://www.state.nj.us/lps/ca/social/, phone: 973-504-6495) for additional information.*

The California Board of Behavioral Sciences (CA BBS)

The Veterans Affairs Employee Education System (Provider #PCE3204) asserts that this educational activity meets the qualifications for 1 hour of continuing education credit for Marriage and Family Therapist MFTs and / or for LCSWs as required by the California Board of Behavioral Sciences.

National Board for Certified Counselors (NBCC)

The Veterans Affairs Employee Education System is an NBCC-Approved Continuing Education Provider (ACEPTM) Provider #5927 and designates this approved activity for 1 clock hour.

Statement of Participation

A certificate of completion will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive a certificate of completion from EES, you must register in the TMS, attend 100% of the program and complete the evaluation as directed in SEES, and then: go into your Completed Work, hover over the title, and choose View Details to print your accredited certificate. For ACPE accreditation, participants must provide their Birthdates (month and date) and their NABP e-Profile ID numbers in their Personal Profiles in TMS.

Report of Training

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

Program Schedule

Minutes	Content	Exam
60 minutes	- Introduction - Key elements of CBT-I - Psychoeducation - Stimulus Control - Sleep Efficiency Training - Cognitive Restructuring - Relaxation Exercises - Sleep Hygiene - Knowledge Check	Yes

Faculty and Planning Committee Listing

* Denote planning committee member
+ Denotes faculty

*Nancy Bernardy, PhD Program Director, VHA PTS Mentoring Program National Center for PTSD White River Junction, VT	*Philip Gehrman, PhD Clinical Psychologist Philadelphia VA Medical Center Philadelphia, PA Planning Member for APA
*Deborah Grizzard, RN, MN, CNA, CPHQ Chief Nurse, Mental Health Palo Alto VA Health Care System Palo Alto, CA Planning Member for ANCC	*Jessica Hamblen, PhD Deputy for Education National Center for PTSD White River Junction VA Medical Center White River Junction, VT
*Matthew Jeffreys, MD PTSD Care Teams (PCT) Medical Director VISN 17 PTSD Mentor South Texas Veterans Healthcare System San Antonio, TX	*James Leathem, MSW, LCSW-R Social Work Section Chief – Mental Health Northport VA Medical Center Northport, NY Planning Member for ASWB Planning Member for CA BBS Planning Member for NBCC
*Todd McKee, M.Div Health Science Specialist National Center for PTSD White River Junction, VT	*Martin Oexner, MA/ISSc Project Manager St. Louis Employee Education Resource Center St. Louis, MO
*Patricia Watson, PhD Senior Education Specialist National Center for PTSD Honolulu, HI	

EES Program Staff for Trace Code: 14.EL.MA.PTSDSLEEPCBT4.A

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Deadline Date

This program will no longer be authorized for continuing education credit after: **4/15/2018**. Information on participation may be obtained from Martin Oexner, Project Manager, Employee Education Resource Center, St Louis Employee Education Resource Center, 1 Jefferson Barracks Drive, Bldg 2, St Louis MO 63125, phone: 314-894-6452, or e-mail: Martin.Oexner@va.gov.

Cancellation Policy

Those individuals who have been accepted to attend and need to cancel: log into TMS, hover over the registered title and withdraw themselves at least two weeks prior to the program.

Accessibility Statement: (Reasonable Accommodation)

The U.S. Department of Veterans Affairs (Employee Education System) is committed to providing equal access to this meeting (or event) for all participants. If you need alternative formats or services because of a disability, please contact Martin Oexner, Project Manager, Employee Education Resource Center, Employee Education Resource Center, 1 Jefferson Barracks Drive, Bldg 2, St Louis, MO 63125, phone: 314-894-6452, or e-mail: martin.oexner@va.gov with your request.

Disclosure Statement

The VA Employee Education System (EES) must ensure balance, independence, objectivity, and scientific rigor in all of its individually sponsored or jointly EES sponsored educational activities. All prospective faculty and planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and / or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes, but is not limited to, such things as personal receipt of grants or research support, employee or consultant status, stockholder, member of speakers' bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.
The faculty and planning committee members reported that they had no relevant financial relationships with commercial entities in any amount that occurred within the past 12 months that create a conflict of interest.

This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.

* The ACCME defines "relevant financial relationships" as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.