



# SLEEP DISORDERS CENTER OF VIRGINIA

*Say Goodnight Virginia*

Policies & Procedures

## CBT for Insomnia Protocol

ALL Locations

Initial Procedure Date: 02/2008

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Cognitive Behavioral Therapy (CBT) has been well documented as an effective treatment for most individuals with insomnia. CBT is a relatively simple treatment that combines counseling; education and breaking of bad sleep habits. CBT is labor intensive and often difficult and expensive to provide at a sleep disorders center. Group CBT can be more effective as well as cost effective for patients.

In order to provide effective treatment and ongoing care of our patients with insomnia we have developed a CBT program along with a licensed therapist to provide group CBT and, as needed, individual counseling and CBT.

### **Protocol**

CBT group sessions: Will be held in the conference room at the SDCV-Richmond office. Sessions will be held once there are a critical number of participants. The program will consist of 8 sessions. Patients will only be enrolled in the group at the beginning of a program.

Group leader: A licensed therapist, either an LCSW or psychologist, experienced in CBT will lead the group

Enrollment in group sessions: Patients will be referred for CBT by their Center Physician or current Center patients can self enroll for the CBT program. Prospective CBT patients will contact the group leader and have an initial evaluation by the therapist before starting CBT, if appropriate. This will ensure that individuals with co-morbid psychiatric disorders are identified and referred for appropriate intervention. The therapist will work with the referring Center physician in these cases. Center physician will communicate with the referring doctor regarding CBT group referral and progress.