

There is a dire shortage of clinicians with expertise in CBT-I due to a scarcity of training opportunities in this area. For clinicians who wish to develop expertise in CBT-I, Dr. Jacobs conducts a six-hour CBT-I training using an empirically and clinically validated CBT-I protocol. It is based on his three decades of clinical practice and research at the Harvard Medical School and the University of Massachusetts Medical School sleep centers involving over 10,000 insomnia patients, and his landmark federally-funded study at Harvard demonstrating that his CBT-I protocol was more effective than Ambien ((Jacobs, GD, et al. Cognitive Behavior Therapy and Pharmacotherapy for Insomnia: A Randomized Controlled Trial and Direct Comparison. Archives of Internal Medicine, 2004, 164: 1888-96). Dr. Jacobs' workshop on Developing Expertise in CBT-I is typically one of the sponsoring organization's highest attended and rated trainings. The workshops are typically sold out with an average attendance of 100 clinicians and are significant revenue-generating events for sponsoring organizations.

Sample testimonials for Dr. Jacobs' CBT-I workshop:

- *The training was terrific: packed with information, clearly presented. Thanks so much!*
- *Highly recommended, incredibly well organized CBT-I training. You will be fully equipped to seamlessly put this life changing protocol of CBT-I immediately into clinical practice. This will dramatically change the health and quality of life for so many of my patients.*
- *This training was one of the most comprehensive and practical trainings I've ever completed. Because the training covered so much information, I really felt ready and able to put what I learned into practice immediately.*
- *I was extremely impressed with this CBT-I training. There is finally a practical and healthy method for patients to resolve or diminish their sleeping issues. I recommend this training to any professional who is open minded about the lack of necessity for medications to treat insomnia.*
- *I recently completed Dr. Jacobs' CBT-I training and can say without reservation that it was excellent and surpassed all my expectations. It was very organized and thorough. I would recommend this training to anyone who is interested in treating patients with insomnia.*
- *The training was informative and thorough. Unlike some trainings that often fall short on treatment application, this CBT-I training geared towards providing practical strategies to share with patients. It provided everything needed to inform, assess, and treat people with insomnia in a clear and concise session by session protocol that is empirically based and clinically tested.*
- *Not only was this training extremely informative, it kept my interest throughout. We have already started structuring our program to include CBT-I. I feel completely comfortable starting CBT-I. I wouldn't change a thing with your course it's a great learning experience!*
- *The training was rigorous, well presented and stimulating. I came away feeling it was very effective and practical. The concepts and ideas presented are immediately applicable for use with patients.*

If you are interested in a CBT-I training for your organization, please contact us at info@cbtforinsomnia.com