

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.

If you are interested in a CBT-I training for your organization, please contact us at [info@cbtforinsomnia.com](mailto:info@cbtforinsomnia.com).