



CBTi Cognitive Behavioral Therapy for Insomnia

Program Overview

CBTi or Cognitive Behavioral Therapy for Insomnia is an empirically validated treatment for insomnia. Our CBTi program is practical and focused. It includes 6 weekly sessions to help you with insomnia and other sleep disorders. The aim is for you to have more consolidated sleep, and to feel more refreshed when you wake up.

A variety of behaviors may affect sleep such as your diet, when and if you exercise, daily activities etc. Similarly there are several causes of insomnia such as age, physiology, circadian rhythm, medical conditions, psychiatric conditions such as anxiety disorders, Depressive disorders etc. and environmental factors.

Sessions

- Intake individual session with a board certified clinical psychologist to assess your sleep and see if CBTi is the right program for you.
 - Group session 1: Taking a look at your sleep and understand how sleep works. How to use the CBTi application and resources,
 - Group session 2: Review of sleep log and sleep Hygiene behaviors,
 - Group session 3: Cognitive Strategies (changing how you think about sleep and/or trouble sleeping),
 - Group session 4: Accepting your thoughts (Mindfulness and cognitive defusion),
 - Group session 5: Lifestyle habits that improves sleep,
 - Group session 6: Reviewing your progress and maintaining your gains.



Sessions format

Group sessions last for 75 minutes and cost \$75.00 per session. The overall cost of the program is \$600.00 (\$450.00 for the six group sessions and \$150.00 for the individual intake session with Dr. Paillot to assess your sleep difficulties and see if our program is a good fit for you). The intake session lasts 60 minutes.

Our practice is offering two groups:

- Mondays from 5:00 pm to 6:15 pm
- Tuesdays from 12:00 noon to 1:15 pm
- Group sessions are located at 7700 W Camino Real Suite #402 in Boca Raton, FL 33433 & at 6971 N Federal Highway Suite 306 Boca Raton, FL 33487.
- Both groups are run by a ABPP board certified clinical psychologist

What does the research say about CBTi?

About two third of people benefit from CBTi as it is delivered in treatment studies (Oerlis et al. 2000; Edinger et al.2001; Harvey et al. 2014). CBTi is a treatment that is providing very good results if treatment recommendations are being followed. Your participation in treatment is playing a very important part in the resolution of your insomnia.

CBT for insomnia is as effective as medications in the short-term and have better long-term outcomes than medication (Morin et al. 1999 Smith et al. 2002; Jacobs et al. 2004).

Details on our CBTi services

- To schedule your intake session contact us at (561) 666-8720 or email us at celine@drcelinepaillot.com.
- For more information on our CBTi services contact us at (561) 666-8720 or email us at celine@drcelinepaillot.com. You can receive CBTi in individual therapy if the group format is not for you. Session rates and availabilities differ from group rate and schedule.
- For more information on our services go to www.drcelinepaillot.com