



# CBT for Sleep Disorders – Professional Training Course (36 Training Hours)

Accredited by the German Jordanian University (GJU) – Consultation & Training Center

Offered by Success Edu Hub Academy – Amman, Jordan



## About the Course

The CBT for Sleep Disorders – Professional Training Course is a specialized, evidence-based program designed for mental health professionals, psychologists, counselors, and students who seek to master the clinical application of Cognitive Behavioral Therapy (CBT) in treating sleep-related difficulties.

Over 36 intensive training hours, participants will explore the psychological and behavioral mechanisms underlying insomnia, hypersomnia, parasomnias, and circadian rhythm disturbances, and learn how to implement CBT interventions that promote restorative sleep and emotional regulation

This course emphasizes a hands-on, practical learning approach, combining theory, guided exercises, case discussions, and supervised applications. By the end of the program, trainees will be able to design and deliver individualized CBT treatment plans that address maladaptive sleep habits, anxiety-driven thoughts, and poor sleep hygiene.

# Course Outline

## (6 Weeks – 36 Training Hours)

### 1 Understanding Sleep and Sleep Disorders

- The psychology and physiology of sleep
- Classification of sleep disorders: insomnia, parasomnia, hypersomnia, circadian rhythm issues
- The impact of sleep disturbances on cognitive and emotional functioning



### 2 CBT for Insomnia (CBT-I) – Core Framework

- Principles and evidence base of CBT-I
- Sleep restriction and stimulus control methods
- Behavioral activation and establishing healthy sleep hygiene



### 3 Cognitive Techniques and Emotional Regulation

- Identifying dysfunctional thoughts and cognitive distortions about sleep
- Managing nighttime anxiety and ruminations
- Integrating relaxation, mindfulness, and cognitive restructuring



### 4 Advanced CBT Interventions for Complex Sleep Problems

- CBT approaches for trauma-related insomnia and nightmares
- Managing circadian rhythm challenges and shift-work sleep issues
- Imagery rehearsal therapy and exposure techniques

### 5 Integrative and Lifestyle-Based Approaches

- Linking CBT with holistic well-being and lifestyle adjustments
- The role of nutrition, exercise, and environment in healthy sleep
- Monitoring progress and evaluating treatment outcomes



### 6 Supervised Practice and Case Applications

- Live case studies, treatment formulation, and clinical supervision
- Ethical practice and cultural sensitivity in sleep therapy
- Final project presentation and practitioner feedback



## About Success Edu Hub Academy

Success Edu Hub Academy (SEH Academy) is a leading center for professional training and development based in Amman, Jordan, delivering internationally accredited programs in psychology, mental health, and NGO management.

Renowned for its practice-oriented methodology, SEH Academy collaborates with distinguished trainers and institutions, including the German Jordanian University (GJU), ensuring that all programs meet international standards of academic excellence and professional application

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Success Edu Hub Academy – Amman, Jordan

