

*"This training made a very positive difference to my practice as neurorehabilitation therapist and has transformed the lives of many of my neuro patients!"*

- Training Delegate



## SLEEP ASSESSMENT AND MANAGEMENT

**20th January 2018**

**9.00 - 16.30**

This event provides evidence-based information, insight and tools, which will deepen knowledge and understanding of this often-neglected area of clinical practice which has relevance and impact across clinical groups. It is led by engaging sleep psychologist Dr David Lee,



**Dr David Lee**

BSc PhD CertEd CPsychol  
AFBPSS CSc

The programme includes:

- Introduction to and purpose of sleep
- Sleep problems in long term conditions, chronic pain, depression, anxiety and other co-morbidities
- Types of insomnia - how to recognise and classify sleep problems
- Non-pharmacological treatments and approaches
- Recognising and assessing issues with sleep
- Impact of good sleep hygiene

### Venue

**Hobbs Rehabilitation, Unit 1, Bridgets Lane Farm Offices, Bridgets Lane, Martyr Worthy, Winchester, SO21 1AR**

Early bird rate: £117 (£97.5 ex vat)

Standard rate: £132 (£110 ex vat)

To book, call us on: 01962 779796 | Email: [courses@hobbsrehabilitation.co.uk](mailto:courses@hobbsrehabilitation.co.uk)

## SLEEP ASSESSMENT AND MANAGEMENT

For health and social care professionals

20<sup>th</sup> January 2018

This course has relevance for medical doctors, nurses, occupational therapists, physiotherapists, social workers, clinical psychologists, neuropsychologists, counsellors, psychotherapists, speech and language therapists, care managers, case managers and others who are interested in understanding the impact of sleep problems on the patients/clients they work with and how to assess and manage these to improve sleep, fatigue and performance.

Mr/Mrs/Miss/Ms/Dr	
Email address	
Correspondence address	
Post code	
Telephone	
Professional background	
Current field of work	
Number of tickets	
*Early bird rate: £117 (£97.5 ex vat)	
Standard rate: £132 (£110 ex vat)	
Total enclosed:	
If applying for the Advanced Course only, please give date/venue of the Foundation Course attended	

You are strongly advised to check that there are places left on the course(s) before submitting your payment, as capacity is limited.

\*Early bird rate applies to bookings received on or before the 15<sup>th</sup> December 2017.

Payment method: cheque payable to Hobbs Rehabilitation Ltd and sent to:

Hobbs Rehabilitation, Unit 1, Bridgets Lane Farm Offices, Bridgets Lane, Martyr Worthy, Winchester, SO21 1AR

BACS: Lloyds Bank, Sort Code 09-01-50 Account Number 05868068. Receipts will be sent with confirmation of your place on the workshop.

Cancellation: Substitution of delegates may be made at any time, without cost, by emailing us at [courses@hobbsrehabilitation.co.uk](mailto:courses@hobbsrehabilitation.co.uk) or 01962 779796. Cancellations must be received in writing. A refund of the course fee, less a processing charge of £25 will be made if the office receives your cancellation on or before 20<sup>th</sup> December 2017. No refunds can be given after this date. Hobbs Rehabilitation/Sleep Unlimited are not responsible for delegate travel or accommodation expenses should the event be cancelled.

To order a copy of 'Teaching the World to Sleep' please follow this link: <http://www.karnacbooks.com/product/teaching-the-world-to-sleep-psychological-and-behavioural-assessment-and-treatment-strategies-for-people-with-sleeping-problems-and-insomnia/37358/>