

Friday, March 28, 2008

8:00 to 9:00 AM

Onstead Auditorium

Mitchell Basic Science Research Building

Evaluation of the insomnias and behavioral therapy for insomnia

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Baylor College of Medicine**

Objectives:

At the end of this program, participants should be able to:

- Learn how to evaluate patients who complain of insomnia
- Learn that there are therapies other than medications for insomnia and techniques (cognitive behavioral therapy) to treat insomnia
- Discuss combining medications and CBT for insomnia
- Review some of the latest literature comparing CBT and pharmacotherapy

Target Audience, Needs, Educational Methods, Activity Evaluation:

Physicians, residents, fellows, and other healthcare professionals need to be updated about new advances in the clinical and research areas for the diagnosis, treatment, and management of patients with neurological disorders. Educational methods will include lectures, case presentations, audio/video presentations, and questions & answer sessions. Participants will be asked to complete an activity evaluation.

Accreditation/Credit Designation

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Baylor College of Medicine designates this educational activity for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.