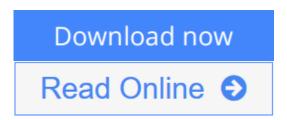


# Treatment Plans and Interventions for **Insomnia: A Case Formulation Approach** (Treatment Plans and Interventions for **Evidence-Based Psychot)**

By Rachel Manber Phd, Colleen E. Carney PhD



Treatment Plans and Interventions for Insomnia: A Case Formulation **Approach (Treatment Plans and Interventions for Evidence-Based Psychot)** By Rachel Manber Phd, Colleen E. Carney PhD

From leading authorities, this treatment planner outlines cognitive-behavioral therapy for insomnia (CBT-I) and shows how to tailor the treatment to individual clients' needs. Clinicians get a solid understanding of how sleep is regulated and the factors that promote or hinder optimal sleep. The book describes CBT-I components and discusses how to select and sequence them for particular clients, including those with psychiatric comorbidities such as anxiety or depressive disorders. Two chapter-length case examples illustrate the use of a comprehensive case conceptualization as the basis for effective intervention. In a convenient large-size format, the book includes reproducible assessment tools, planning forms, and handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.

The American College of Physicians recommends CBT-I as the initial treatment for all adult patients with chronic insomnia disorder.



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