Sleep Disorders and Pain

November 12, 2014
9 to 11 a.m.
Course Code: T290

Presenter:

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Program Description:
This videoconference will provide an overview of the current understanding of the links between insomnia and pain, including a discussion of the potential mechanisms underpinning the insomnia-pain association. It will also provide recommendations regarding proper assessment and intervention for patients with comorbid insomnia and pain, with an emphasis on evidence-based behavioral sleep treatment.

Educational Objectives:
At the conclusion of this program, participants should be able to:
- Describe the epidemiology, health, and treatment consequences of insomnia and pain.
- Provide an overview of longitudinal data describing the insomnia-pain relationship.
- Discuss promising potential mechanisms by which insomnia may induce hyperalgesia and increase risk for pain.
- Translate the biology into clinical care.

Target Audience:
This is an introductory program for all mental health and health care professionals who work with individuals with sleep disorders and pain.

Continuing Education Credits:

| ACT 48 – 2.0 | CADC – 2.0 | CME – 2.0 |
| CPRP – 2.0   | General CEU – 0.2 | LSW/LCSW/LPC/LMFT – 2.0 |
| NCC – 2.0    | PCHA – 2.0   | Psychologist – 2.0 |

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEU’s) which are equal to 2.0 contact hours.

Tuition:
This program is free of charge.

Please contact the site coordinator at your desired location for registration information.
Continuing Education Credit
Each program is offered for the designated number of continuing education credits

PHYSICIANS: CME
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EDUCATORS: ACT 48
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 Continuing Education Guidelines.

CERTIFIED ADDICTION COUNSELORS: CADC
Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.

CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONERS: CPRP
The announced credit hours for each program can be applied to your training hours for the Certified Psychiatric Rehabilitation Practitioners (CPRP).

COUNSELORS: NCC
Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

CERTIFICATE OF ANNUAL ADMINISTRATOR TRAINING – PERSONAL CARE HOME ADMINISTRATORS
The indicated number of clock hours is approved by the Department of Public Welfare Bureau of Adult Residential Licensing. These clock hours may count towards the 24 hours of annual training for administrators required in 55 Pa. Code Chapter 2600 (relating to personal care homes).

PSYCHOLOGISTS
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents.

LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT
The indicated number of credit hours of social work continuing education is provided through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

MENTAL HEALTH PROFESSIONALS: CEU
Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

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