

Enduring Materials Learner Notification

Society of Behavioral Sleep Medicine (SBSM)

2018 Fall Conference Enduring Material- What BSM Providers Need to Know: Innovations in CBT for Sleep Disorders

Date of CE Release: January 1, 2021

Date of CE Expiration: December 31, 2021

Location: Online

Acknowledgement of Financial Commercial Support

No financial commercial support was received for this educational activity.

Acknowledgement of In-Kind Commercial Support

No in-kind commercial support was received for this educational activity.

Satisfactory Completion

Learners must listen to each self-directed audio recording while following along with the visual slides and complete an evaluation form to receive a certificate of completion. You must participate in the entire activity as partial credit is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Accreditation Statement



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Society for Behavioral Sleep Medicine (SBSM). Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians

Amedco LLC designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists

Amedco LLC designates this activity for a maximum of 1.00 Psychologist contact hours.

The following state boards accept courses from APA providers for Counselors: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

MI: No CE requirements

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held)*, OK, OR, SC, UT, WA, WI, WY

MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

* If the activity is held *live* in the state of NY, then direct addictions board is required, ie: NAADAC. If the activity is held outside NY, is virtual, enduring or remote, it is considered "outstate" and this reciprocity applies.

Social Workers



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for

this course. Social Workers completing this course receive 1.00 GENERAL continuing education credits.

The following state boards accept courses offering ASWB ACE credit for Social Workers: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV, WY

* **WV accepts ASWB ACE unless activity is in live in West Virginia then an application is required.**

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK, PA, TN, TX, UT, VA, WI, WY

AL / Counselors: Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

The following state boards accept courses offering ASWB ACE credit for MFTs: AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK, PA, RI, TN, TX, UT, VA, WI, WY

MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses offering ASWB ACE credit for Addictions Professionals: AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

New York Board for Psychology (NY PSY)

Amedco is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. 1.00 hours.

Objectives - After Participating in the 2018 SBSM Enduring Fall Conference Webinar Series, You Should Be Able To

1. Discuss the fundamentals of more advanced sleep physiology and basic science principles relevant for BSM providers.
2. Describe vital physiological concepts such as how sleep changes over the life span.
3. Describe the basics of cognitive-behavioral therapy for insomnia (CBT-I) and updates on the latest empirically supported advances.
4. Describe the latest empirically supported clinical practices in medication management of sleep disorders.
5. Balance behavioral treatment with medication management as discussed during case studies presented by experts in the area.
6. Increase familiarity with concepts for BSM certification exam preparation including in the areas of basic science, sleep knowledge, BSM principles, and assessment and treatment practices.
7. Discuss recent advances in sleep assessment, circadian rhythm disorder treatments, and tools to improve CPAP adherence.
8. Identify strategies for successful treatment of challenging patients, including pediatric patients, via concrete examples from experts in the field.

Disclosure of Conflict of Interest

The following table of disclosure information is provided to learners and contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest, and have been resolved. (C7 SCS 6.1—6.2, 6.5)

All individuals in a position to control the content of CE are listed below.

First Name	Last Name	Commercial Interest : Relationship
Donna	Arand	NA
Suzanne	Bertisch	NA
Colleen	Carney	CIHR: Research Support
Jose	Colon	NA
Megan	Crawford	NA
Heather	Gunn	NA
Kathryn	Hansen	NA
Carolyn	Ievers-Landis	NA
Daniel	Kay	NA
Skye	Margolies	NA
Scott	McGee-Plys	NA
Justin	Thomas	NA
Eric	Zhou	NA

How to Get Your Certificate

1. Go to <http://amedcoedu.com/esystems/quiz/quiz.cfm?QuizNum=1015>
2. Complete the post-test, then click the link to evaluate the meeting.
3. Print all pages of your certificate for your records.
4. Questions? Email Certificate@AmedcoEmail.com