

## Calendar of Events

admin@washtenawpsychologysociety.com

May 9, 2025

### **Mindfulness-Based Cognitive Therapy for Insomnia**

12:00 PM - 02:00 PM EST

*Sleep is one of the cornerstones of physical and mental health, yet over one third of the population struggles to initiate and/or maintain routine sleep. Clinicians are increasingly confronted with the perpetuating impact of anxiety, stress, pain and illness on sleep initiation and continuity and how this can lead to persistent daytime dysfunction. Approximately fifteen percent of adults suffer with chronic insomnia, a ratio that increases with age. Many patients turn to prescription sleep medications, which often have initial benefits, but lose potency over time. This presentation will outline the Mindfulness-Based Cognitive Therapy for Insomnia, which is a mindfulness-based method for sleep that has demonstrated efficacy. This approach to sleep treatment is growing in its application as an alternative to pharmacological interventions. In this presentation we will cover:*

- 1. Sleep architecture, sleep hygiene and featured of disordered sleep*
- 2. Integration of Cognitive Behavioral and Experiential/Meditative methods*
- 3. Informal mindfulness and brief daily practice meditation practice*
- 4. Structure of Mindfulness-Based Cognitive Therapy for Insomnia*
- 5. Outcome data*
- 6. Adaptations for individual patients and groups*

*Todd Favorite, Ph.D. | Clinical Psychologist*

*Todd Favorite, Ph.D. is board-certified and a fellow of the American Association of Clinical Psychologists. He is on the faculty of the U-M Department of Psychiatry. Dr. Favorite did his clinical training at the U-M Psychological Clinic and U-M Center for the Child & Family. He completed a clinical fellowship at the Ann Arbor VA in the PTSD Clinic. He has advanced training and certification in Cognitive Behavioral Analysis System for Psychotherapy (CBASP), Mindfulness-Based Cognitive Therapy (MBSR), and Cognitive Behavioral Therapy for Insomnia (CBT-I). His current research activities are in the application of MBSR for treating chronic pain. Dr. Favorite serves as co-Investigator and MBSR team lead on a multisite study that is exploring alternative treatment interventions for chronic pain.*

## **Solution Focused Therapy: A Positive Psychology Approach?**

12:00 PM - 02:00 PM EST

*Solution-Focused Therapy (SFT) is a positive psychology approach that utilizes the patient's healing potentials and expectations of change. It differs from many traditional therapies in de-emphasizing psychopathology. Future projection is a key element of the approach. The patient is encouraged to develop hypothetical solutions to their problem by imagining themselves at some time in the future when the problem is solved. The therapist carefully tracks the patient's language and style of presentation. This serves as a guide for the intervention. If the problem is specific, so is the solution. If vague, the directive may be equally vague. Many of the techniques to be described can be viewed as practices on which therapist can rely when unsure of what to do. However, SFT is distinguished by the attitude of the therapist and a basic philosophy of treatment, not by the techniques employed.*

*Lawrence Mark Perlman, Ph.D. | Clinical Psychologist | WPS Chair*

*Dr. Perlman completed his training in Clinical Psychology at New York University. He worked at Maimonides Medical Center in Brooklyn, NY for 32 years, where he created innovative therapy programs and headed various clinical teams. During this period, he maintained a private practice in Manhattan and Brooklyn where he treated adults, as well as children, teenagers, and families. He also founded and directed the Child and Adolescent Therapy program at the Brooklyn Institute of Psychotherapy and Psychoanalysis.*

*In 2001, Dr. Perlman relocated to Ann Arbor, MI and spent ten years at the VA Ann Arbor Healthcare System. He developed group treatments for insomnia, pain management, and smoking cessation, as well as a multidimensional Wellness Program.*

*In 2014, Dr. Perlman was elected as Michigan representative to APA Council and joined the Board of MPA. This led to his founding a regional affiliate called the Washtenaw Psychology Society in October 2015.*

*In 2023, WPS incorporated as a 501(c)6 nonprofit entity. It is supported by members' dues, tuition for our monthly webinars, advertising, and donations. WPS provides a more sophisticated range of services to the local professional community, while preserving the aspects of WPS that have been most valuable to our members.*