

Sleep Deprived?

**Conquering Insomnia
CBT- I Introductory
Webinar Friday,
September 30th**

**Signup online at:
[www.cognitivebehavior
associates.com](http://www.cognitivebehaviorassociates.com)**

Cognitive Behavior Therapy Institute (CBTI) is an approved APA continued education sponsor. CBTI maintains liability for program content.

CBT-I (Cognitive-Behavioral Therapy for Insomnia) is the only scientifically proven non-drug insomnia treatment.

Based on 10yrs of clinical application, **renowned psychologist Dr. Joel Becker** is conducting a Webinar on effectively implementing CBT-I.



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