

## About Cognitive Behavior Associates



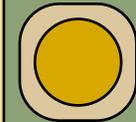
Cognitive Behavior Associates, founded and directed by Joel L. Becker, Ph.D., is one of the largest cognitive behavior therapy practices in southern California. We specialize in **short-term, problem-focused therapy**. Our cognitive behavior therapy (CBT) treatments are individualized for a full range of psychological disorders.

All of our clinicians are licensed to practice in the state of California and practice the most current treatments supported by **empirical research**. Each clinician differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

It is our philosophy that a patient who is well-informed about their disorder will be more successful in therapy. We try to make use of a **collaborative relationship** between the client and the therapist, as well as consultation with all other health care providers. Being as clear as possible about what treatment will consist of allows us to provide the best quality services to each of our clients.

[www.cognitivebehaviorassociates.com](http://www.cognitivebehaviorassociates.com)

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## "Soundly Sleeping"

*A Cognitive-Behavioral Treatment Program for Chronic Insomnia*

A photograph of a young woman with blonde hair, wearing a white tank top, sitting up in bed. She has her eyes closed and is yawning, with her hand covering her mouth. In the background, another person is visible, also in bed, suggesting a bedroom setting.

## What is Insomnia?

Insomnia affects 20-40% of all adults. Present findings indicate that **Cognitive-Behavior Therapy (CBT)**, alone or in combination with pharmacotherapy, is more effective than pharmacotherapy alone or a placebo for the treatment of insomnia. In fact, **CBT** resulted in the greatest number of patients who no longer met the criteria for insomnia (Archives of Internal Medicine, Sept. 2004). Medications are not an effective treatment for chronic insomnia.

Programs based on **CBT** have demonstrated that 100% of insomnia patients reported improved sleep, and 75% became normal sleepers. **CBT** is so effective that people increased their sleep duration to almost 7 hours per night. Also, 91% reduced their use of sleeping pills and 40% were able to discontinue sleeping medication entirely.



## Soundly Sleeping Key Components

“Soundly Sleeping” is a **Cognitive-Behavioral Treatment** program that combines the following elements:

### **Psychoeducation:**

\* Patients are taught about the psychological and physiological variables associated with good sleep (e.g. stages of sleep, circadian rhythms, effects of diet, exercise, body temperature, sunlight, aging, food and medications).

### **Sleep Hygiene:**

\* Based on an analysis of their sleep patterns and environment, patients are instructed how to adjust these variables to result in improved sleep. The focus is on activities that enhance and/or harm sleep in the hour before bedtime.

### **Cognitive Elements:**

\* Patients learn to identify their “negative or inaccurate sleep thoughts” and to replace them with “positive, accurate and helpful sleep thoughts”. We dispel common sleep misperceptions and maladaptive assumptions.

### **Behavioral Elements:**

\* Also referred to as “sleep restriction,” this helps clients to focus on their “sleep efficiency,”  
$$\left( \frac{\text{amount of time asleep}}{\text{amount of time in bed}} \right)$$
rather than absolute amount of time sleeping. “Sleep efficiency” has been shown to be the best predictor of the quality of sleep.

### **Withdrawal from Medication:**

\* For patients who are currently taking medications and wish to reduce or discontinue, we work collaboratively with their prescribing doctor. This usually involves a gradual reduction over a period of time.

## What to Expect?

All new patients begin with a **two-hour evaluation** of their specific sleep problem and other related psychological disorders (except those previously screened by another mental health professional). Treatment usually lasts from **six to eight sessions**. Patients should expect to do task assignments between sessions.

These tasks involve:

- \* reading
- \* sleep monitoring
- \* cognitive restructuring
- \* making behavioral changes

Patients are **re-assessed** throughout treatment to focus on those elements of Soundly Sleeping that will contribute to their success.



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