COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA

This evidence-based 6-session group offers techniques to assist individuals in treating insomnia.

Over 50% of adults now complain of difficulty sleeping, half of them chronically. Research and clinical practice has demonstrated that it is possible to successfully treat insomnia using cognitive-behavioral therapy for insomnia (CBT-I). CBT-I has been endorsed by the National Institutes of Health and the American College of Physicians as an effective and preferred method for treating insomnia. Research on CBT-I showed the majority of patients:

- Experienced significantly improved sleep
- Can become normal sleepers
- Reduced or eliminated the need for sleeping medications
- Found CBT-I more effective than many medications designed to treat insomnia

Participants will:
1. Address the underlying causes of insomnia
2. Replace maladaptive thoughts and behaviors with effective sleep strategies

Marc Robert, Psy.D. received his Doctorate of Clinical Psychology with a Concentration in Health Psychology from the Massachusetts School of Professional Psychology. Dr. Robert completed his internship and post-doctoral training at Cambridge Health Alliance (Harvard Medical School) and Boston Behavioral Medicine.

If interested, please contact Dr. Robert at 781-551-0999 x491. This group may be covered by your health insurance.