

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.**

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