

AMERICAN INSTITUTE FOR COGNITIVE THERAPY

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HAVING TROUBLE SLEEPING?

There are few experiences more miserable than being awake while the rest of the world sleeps. You are not alone. Nearly one in four people experience occasional symptoms of insomnia and more than one in ten will develop chronic insomnia. Despite the prevalence of chronic insomnia, people are often not inclined to seek treatment. They may think, or be told: “It will go away on its own” or “Just manage it” or “Just learn to live with it.”



THE FACTS ARE:

- When chronic, insomnia is **unlikely** to resolve on its own
- Most strategies that people try on their own (e.g., using their will power, drinking warm milk, or using alcohol or other over-the-counter remedies) are **not** effective
- Allowing insomnia to go untreated may negatively impact your quality of life, work performance, and increase your risk for: (a) accidents and injuries, (b) medical illness (e.g., hypertension), and (c) psychiatric illness (e.g., depression)

Fortunately, there is no reason to suffer with insomnia! An effective treatment exists!

WHAT IS THE PREFERRED TREATMENT FOR INSOMNIA?

The first line of intervention for insomnia is usually a behavioral treatment called Cognitive Behavioral Therapy (CBT-I). This treatment is based upon the concept that chronic insomnia lasting from months to years is maintained by physical and behavioral factors that have little or nothing to do with what initially caused the insomnia. As a result, the treatment targets the factors that have been shown to cause acute insomnia to take on “a life of its own.”

HOW EFFECTIVE IS THIS THERAPY?

There is a large scientific literature that shows that CBT-I is as effective as medication and, unlike medications, produces durable results that last after the treatment is discontinued.

IS OUR PROGRAM FOR YOU?

If you have trouble falling asleep, staying asleep, or waking up too early in the morning, we can help.

FREQUENTLY ASKED QUESTION:

If I have insomnia along with another medical or mental health condition, are the treatments offered still good for me. **Yes!** The first line treatment for insomnia (CBT-I) has been shown to be as effective for these kinds of insomnias as it is for insomnia that occurs in the absence of such complications.

HOW LONG WILL THE TREATMENT TAKE?

We will be running a group-based treatment that will be offered in 1-hour, once-weekly sessions, over 8 weeks. The group will be held on Monday evenings, from 7:00-8:00PM and will begin on Monday, March 8, 2010. Space is limited!

WHAT IS SPECIAL ABOUT THE PROGRAM AT THE AICT?

When considering a CBT provider it is important to examine their training and credentials. At the American Institute for Cognitive Therapy (AICT), the clinicians have state-of-the art training and expertise.

Simon A. Rego, PsyD, ABPP, ACT, Director of Clinical Training at the American Institute for Cognitive Therapy is Board Certified in Cognitive Behavioral Psychology by the American Board of Professional Psychology and serves as a consultant to the Sleep-Wake Disorders Center at Montefiore Medical Center. He has extensive training and expertise in the treatment of Chronic Insomnia, and has also presented and published on the topic.