

Solution to Worldwide Sleeping Pill Dependency presented at French Workshop by Dr. Joel Becker utilizes Cognitive Behavioral Therapy

BEVERLY HILLS, Calif., Sept. 16, 2013 (SEND2PRESS NEWSWIRE) – Cognitive Behavior Associates has announced that its Founder and Director Dr. Joel L. Becker, Clinical Professor of the Department of Psychology at UCLA, will be in Paris, France to present his interactive sleep program “Soundly Sleeping.”

Nearly 9 million U.S. adults depend on prescription sleeping pills (www.cdc.gov/nchs/data/databriefs/db127.pdf), “Soundly Sleeping” utilizes Cognitive Behavior Therapy for Insomnia (CBT-I) the recommended first line of treatment for chronic insomnia by the Academy of Sleep Medicine. Co-hosted by prominent Parisian psychologist Dr. Laura Neulat, the workshop will be held at the Hotel Turenne Le Marais, Friday, October 11, 2013.

Participants will be taught the epidemiology of sleep disorders, build assessment skills, and learn the four basic components of CBT-I. This forum offers physicians, psychologist, mental health professionals, nurses, and sleep technicians an opportunity to expand their knowledge on this important public health concern.

Getting to sleep, staying asleep, and getting good sleep has become a worldwide health issue. The U.S. Center for Disease Control and Prevention recently deemed insufficient sleep a public health epidemic. The National Sleep Foundation found that 48 percent of Americans report occasional insomnia, while 22 percent have trouble sleeping every night.

In France, chronic insomnia affects 20 percent of the population. CBT, Cognitive Behavioral Therapy, which has emerged over the last 40 years as one of the most effective treatments for a variety of disorders, is an approach that focuses on the thoughts and behaviors of the patient in the present.

Developed five years ago by Dr. Becker, “Soundly Sleeping” is a cognitive behavioral program that offers professionals working with those suffering from insomnia a straightforward four component approach that will improve a participant’s sleep. The program first explains how to educate clients on sleep fundamentals such as circadian rhythms, melatonin levels, and sleep hygiene. The program then cultivates the assessment skills necessary to evaluate a client’s maladaptive beliefs and attitudes towards sleep and correct them. Last, professionals learn how to identify behaviors that affect the quality of their client’s sleep and provide sleep strategies that work.

About Dr. Joel Becker:

Joel L. Becker, Ph.D. is the Founder and Director of Cognitive Behavior Associates and Cognitive Behavior Therapy Institute, and is a Clinical

Professor of Psychology at UCLA, as well as an Assistant Clinical Professor at the Department of Psychiatry and Bio-behavioral Sciences, David Geffen School of Medicine at UCLA. He is also a Diplomat, Fellow, and Certified Trainer/Consultant of the Academy of Cognitive Therapy.

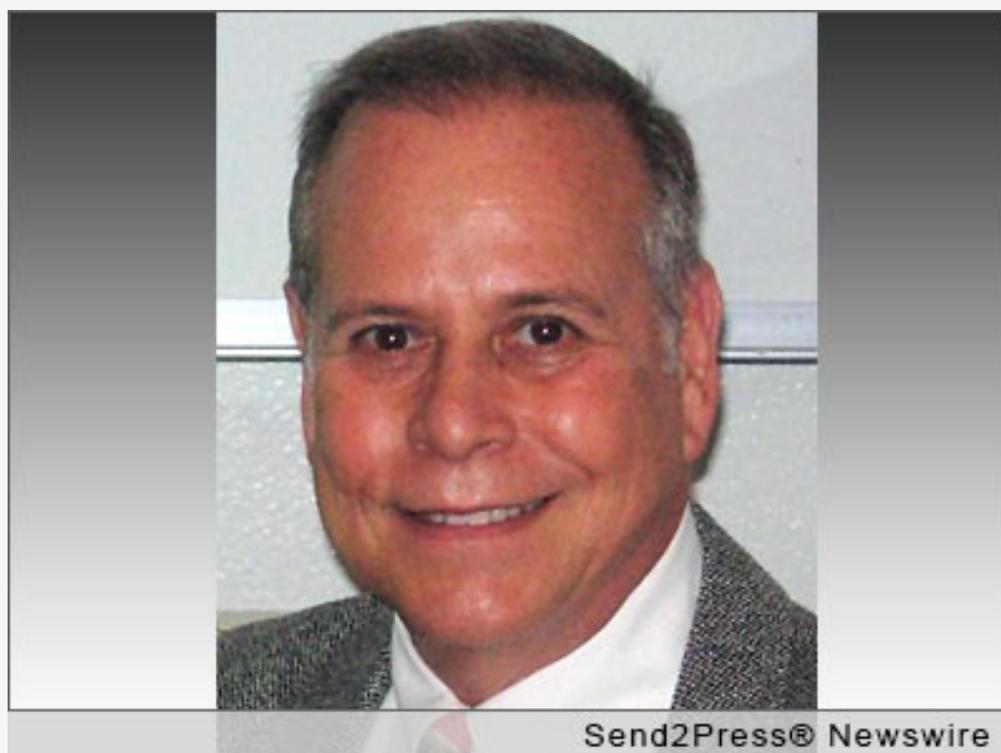
For more information about Dr. Joel L. Becker and Cognitive Behavior Associates contact: Denica Gordon-Mandel, (310) 858-3831 or visit <http://www.cognitivebehaviorassociates.com/>.

For more information about the conference visit: <http://www.lauraneulat.wix.com/soundlysleeping>.

* PHOTO 72dpi: [Send2Press.com/wire/images/13-0916-becker_400x300.jpg](https://www.send2press.com/wire/images/13-0916-becker_400x300.jpg) .

* Photo Caption: Joel L. Becker, Ph.D.

News issued by: Cognitive Behavior Associates



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Original Story ID: 2013-09-0916-002 (8954) :: Solution-to-Worldwide-Sleeping-Pill-Dependency-presented-at-French-Workshop-by-Dr-Joel-Becker_2013-09-0916-002

Original Keywords: Dr. Joel L. Becker, Soundly Sleeping, sleep, insomnia, cognitive behavioral therapy, Mental Health, Social Work Education, Fitness, Hospitals, Medical, Academy of Cognitive Therapy, Department of Psychiatry and Bio-behavioral Sciences, David Geffen School of Medicine at UCLA Cognitive Behavior Associates Beverly Hills California BEVERLY HILLS, Calif.

Alternate Headline: Sleeping Pill Dependency Solution to be presented in Paris by Dr. Joel Becker utilizing Cognitive Behavioral Therapy

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Original Shortcode for Story: <http://goo.gl/ZAt4TZ>