Insomnia: What it is, What it isn't, and How to Fix it

January 16, 2026
1:30-3:00pm MT

Ths session will cover insomnia as a sleep disorder and a treatable mental health diagnosis. Topics will include how to assess and diagnose insomnia, how to distinguish it from other common disorders that involve sleep impairment, and an overview of cognitive-behavioural therapy for insomnia as the gold standard therapy.

Learning Outcomes:

- Learn the diagnostic criteria and psychological factors that maintain insomnia
- Learn tools to help distinguish insomnia from other conditions that impact sleep
- Learn how CBT can effectively treat insomnia

Speakers:

Dr, Matthew Dwyer - PhD Registered Provisional Psychologist, Brown Psychological Services

Target Audience: Healthcare providers who work with individuals reporting poor sleep

Please register for session at: https://fntn.ca/Home/Register-VC?eid=22627

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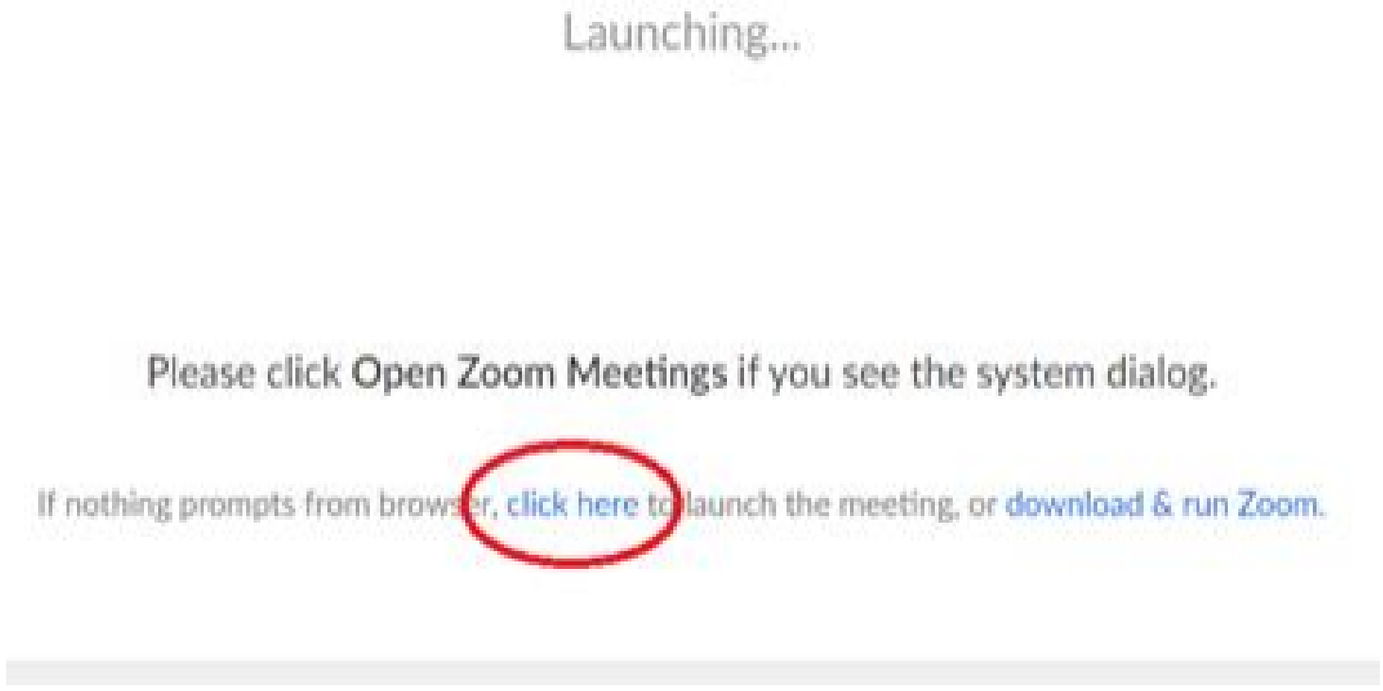

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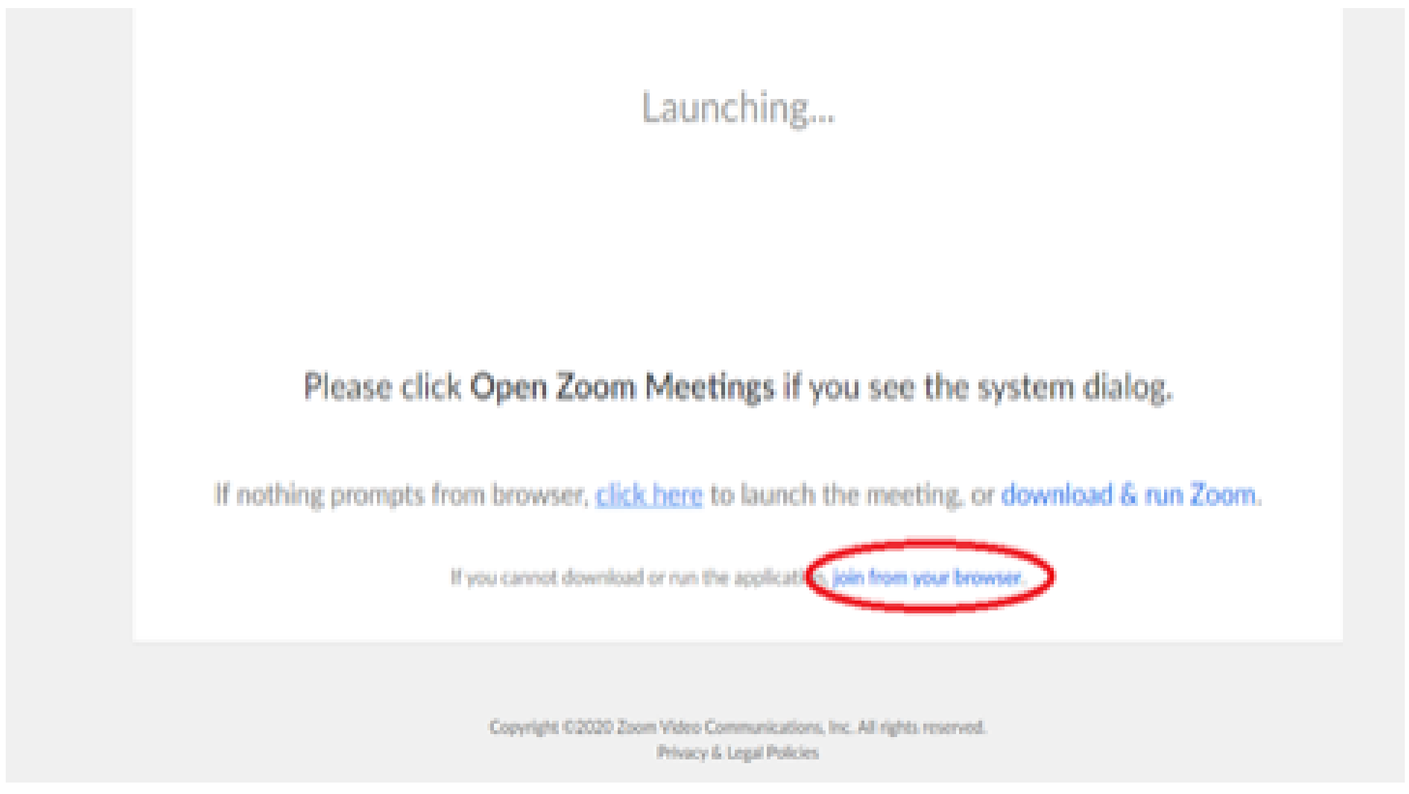

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