

"My husband and I had given up. Sleep Scotland gave us the incentive to try again. They make you feel you are not alone"

"Unless you have experienced a child who will not sleep at night, it is impossible to understand how badly it affects your whole life. I could not in my wildest imagination think what Sleep Scotland could do for us. I would have given up the programme within the first few days without the regular supportive phone calls from our Counsellors"

"We had little faith. We tried everything. We were definitely amazed!"

Sleep Scotland

Sleep Scotland is a charity which supports the parents and carers of children with additional support needs who have sleep problems.

It aims:

- To help children with additional support needs to sleep better and consequently to improve their daytime performance
- To help parents and carers throughout Scotland by giving them specific tried and tested behavioural techniques to modify their child's night-time behaviour
- To provide training for professionals from health, social work, education and the voluntary sector, throughout Scotland
- To establish Sleep Clinics to provide support and advice through tailored sleep programmes
- To provide telephone support to parents and carers
- To raise awareness about Sleep Scotland through the media and by giving presentations at schools, professional meetings and parent support groups.

Sleep Scotland

8 Hope Park Square
Edinburgh EH8 9NW
Tel. 0131 651 1392
Fax. 0131 651 1391

General enquiries
E-mail: enquiries@sleepscotland.org

Registered Charity No. SCO27560



In association with the
Office of Lifelong Learning,
The University of Edinburgh



Sleep Scotland Sleep Counselling Training Course

Children with Additional Support Needs

*Behavioural and Cognitive Approaches to the
Management of Sleep Problems*

Spring Course

30 April 2008
1, 2, 12, 13 May 2008
17 June 2008

Autumn Course

1, 2, 3, 13, 14 October 2008
25 November 2008

The Engine Shed, St Leonard's Lane, Edinburgh

BEHAVIOURAL APPROACHES TO THE MANAGEMENT OF SLEEP PROBLEMS

COURSE CONTENTS

- Introduction to Sleep Scotland
- What is Sleep? Sleep Patterns and Sleep Processes
- Introduction to Sleep Disorders in Children
- Sleep and Epilepsy
- Psychological Approaches to Sleep Problems
- Sleep Problems in Children with Development Disorder
- Enuresis and Respiratory Problems in Sleep
- The Place of Medication and Treatment
- A Parent's Perspective
- A Sleep Counsellor's Perspective
- Psychology and Sleep Management: Putting Theory into Practice
- Identifying and Assessing Sleep Problems
- Taking a Sleep History
- Interviewing Parents
- Devising a Sleep Programme
- Case Studies and Role Play
- Running a Sleep Clinic
- Child Protection

SLEEP CLINICS

Sleep Scotland is providing multi-professional training in behavioural and cognitive techniques in order to provide a service for families with children with additional support needs who have sleep problems. Participants are expected to establish and operate a Sleep Counselling service.

AIMS & OBJECTIVES

The aims of the course are:

- To give participants a comprehensive knowledge of sleep processes and problems in children with additional support needs
- To introduce participants to the principles of cognitive and behavioural management
- To enable participants to apply those principles to children's sleep problems
- To demonstrate to participants the principles of running a Sleep Clinic for the families of children with additional support needs

EXPECTED OUTCOMES

At the end of the course participants will be able to:

- Apply cognitive and behavioural principles to managing sleep problems in children with additional support needs
- Set up a Sleep Counselling service to help families with children with additional support needs in conjunction with Sleep Scotland
- We would expect a commitment of 1 session (2.5 hours) fortnightly to provide a Sleep Counselling service

COURSE DATES

Participants must attend on the following dates:

- Day 1** Pre-Course Meeting "The Role of a Sleep Counsellor"
- Day 2-5** Core Training Course
- Day 6** Post-Course Day Conference

FOR WHOM ?

Professionals with a background in working with children and young people with additional support needs including social workers, doctors, health visitors, psychologists, teachers and nurses.

COURSE TUTORS

Dr V McGrigor - Consultant Paediatrician, Community Child Health, Southampton Community Health Services Trust, Southampton

Dr C Hill - Senior Lecturer Child Health, Southampton General Hospital

Jasia Beaumont - Specialist Nurse in Sleep Disorders, Southampton Community Trust, Southampton

Jane Ansell - Director, Sleep Scotland, Honorary Lecturer, University of Edinburgh

Plus other professionals from psychology, social work and neurology.

REGISTRATION PROCEDURE



The fee for the course is **£630** (including post course training and support for the first year).

Course fee for applicants outwith Scotland **£885**.

To request an application form please complete and return this slip or telephone 0131 651 1392.

Completed application forms should be returned to Sleep Scotland by: **Spring Course - 28 March 2008**
Autumn Course - 26 August 2008

We cannot guarantee a place for candidates who have not paid by these dates.

Please note the FULL FEE for the course will be levied for anyone who has a confirmed booking and who cancels within one month prior to the first day of the course

Name

Job Title

Organisation

Address

Postcode

e-mail

Day-time telephone number

Home telephone number

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Registered Charity No. SCO27560



In association with the
Office of Lifelong Learning,
The University of Edinburgh

23 January 2008
30, 31 January 2008
6, 7 February 2008

England course based in London

Venue: 999 Medical Centre, 999 Finchley Road, London NW11 7HB

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Jane Ansell - Director, Sleep Scotland, Honorary Lecturer, University of Edinburgh

Plus other professionals from psychology, social work and neurology.

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The fee for the course is **£950** (including support for the first year).

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