

Presented by the Woolcock and the Brain & Mind Research Institute (BMRI)

## GP Sleep Symposium: June 22, 2013

Deprivation, Festination and Ideation - Sleep, the Brain, Mental Health and Insomnia

RACGP QI & CPD Accredited 40 Cat1 POINTS - (TBC)

Join Professor Ron Grunstein and the Woolcock Sleep research team for a day especially designed to consider issues commonly faced by GP's when treating at-risk patients for insomnia and other sleep disorders. Professor Simon Lewis from the Brain Mind Research Institute will present the first keynote on 'The Brain, Parkinson's and Sleep Disorders' followed by Associate Professor Sharon Naismith in the afternoon speaking on 'Sleep in Ageing and Neurodegenerative Disease'.

Participants will engage in a variety of sessions designed to assist GP's in insomnia assessment, treatment and management in their practice. Come along to hear the latest research, discuss relevant case studies and identify alternative assessments and treatments that may assist your practice.

### Key Outcomes

1. Recognise the changes in sleep across the lifespan and how they influence treatment interventions
2. Explain the roles of psychotherapy and pharmacotherapy in insomnia
3. Assist patients with understanding non-pharmacological and pharmacological interventions for insomnia.
4. Recognise the interaction between insomnia and comorbid mental and physical disorders.
5. Implement a plan to minimise the use of hypnotosedatives by patients in their practice.
6. Develop a toolkit for assessing and managing insomnia and sleep disorders in primary practice

### Program Topics

#### Keynotes:

The Brain, Parkinson's and Sleep Disorders:

Dr Simon Lewis Head, Parkinson's Disease Research, BMRI

Sleep In Ageing And Neurodegenerative Disease:  
Program, BMRI

Associate Professor Sharon Naismith Head, Healthy Brain Ageing

#### Presentations

Prevalence of Insomnia: Dimensions and Cost:

Prof Ron Grunstein MD BS PhD FRACP

Insomnia Management in GP Practice:

Associate Professor Delwyn Bartlett PhD MAPS

Bi-directional Relationship of Insomnia and Depression:

Dr Megan Kalucy BMBS FRANZCP

#### Case Studies

Psycho-pharmacology of Insomnia: Anti-depressants and anti-psychotics: Dr Chris Blackwell MBBS FRANZCP

Melatonin, insomnia and Circadian Rhythm Dyssynchrony:

Dr Yasmina Djavadkhani BSc MBBS FRACP

Managing Restless Legs Syndrome:

Alessandra Coeytaux-Jackson MD CCRE

Workable Treatments in a GP Surgery: CBT Therapy and Mindfulness:

Dianne Richards Psychologist

Child & Adolescent Sleep:

Dr Amanda Gamble PhD MAPS

Sleep in Pregnancy and Baby Sleep:

Liora Kempler Psychologis

**REGISTER online here:** <http://gpsleepsymposium.eventbrite.com.au>

**Registration Form: GP Sleep Symposium**

**Deprivation, Festination and Ideation: Sleep, the Brain, Mental Health and Insomnia**

Presented by the Woolcock and the Brain & Mind Research Institute (BMRI)

**Day/Date:** Saturday, June 22, 2013  
**Venue:** The Woolcock L5 Education Centre, 431 Glebe Point Road, Glebe  
**Duration:** Arrival 8:30 for 8:45 start to finish at 17:30pm  
**Registration:** Please register by June 7, 2013. Late registrations will be accepted only if places are available.  
**Accreditation:** RACGP QI & CPD 40 Cat1 POINTS – application to be confirmed

**CONTACT DETAILS:** *Please complete all fields shown below*

Organisation			
Work Address			P/C:
Email			
Phone		Fax:	
Registrant	Title	Full Name	RACGP QI & CPD Number:
Registrant	Title	Full Name	RACGP QI & CPD Number:
Registrant	Title	Full Name	RACGP QI & CPD Number:

**COMPLETE REGISTRATION:** Please email, fax or post your completed registration form to the Education Manager who will provide confirmation and conference details upon receipt.

**Email:** [education@woolcock.org.au](mailto:education@woolcock.org.au)      **Fax:** 02 8088 3818  
**Post:** Education Manager, 431 Glebe Point Road, Glebe NSW 2037

Please indicate how you found out about the course:

Website  Email  WOM  Flyer  Other .....

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