



BROWN BAG TRAINING

Friday, February 14, 2020

12:00 P.M – 1:00 PM

Apalachee Center, Inc.

1st Floor Main Conference Room

2634-J Capital Circle N.E., Tallahassee, FL 32308

This month's training presentation:

"Treating Poor Sleep: Why It Matters and Treatment Options"

Presented By:

Matthew Schneider, MS, Psychology Intern, Apalachee Center, Inc.

Poor sleep quality can be composed of trouble falling asleep, staying asleep, having nightmares, falling asleep during the day, feeling groggy in the morning, and more. Join us in examining the research surrounding the negative outcomes related to poor sleep quality in its various forms. We will discuss three treatment options that can be utilized to help alleviate these difficulties: Sleep Hygiene, Cognitive Behavioral Therapy for Insomnia, and Imagery Rehearsal Therapy.

Please RSVP by 12:00 p.m. on Wednesday, February 12, 2020, via email to raek@apalacheecenter.org

To arrange for special accommodations, please call (850) 523-3265 at least 72 hours in advance.



Don't forget to bring your lunch!!