THE EGYPTIAN SLEEP SUMMIT

Second Egyptian SLEEP summit

18 September, 2024

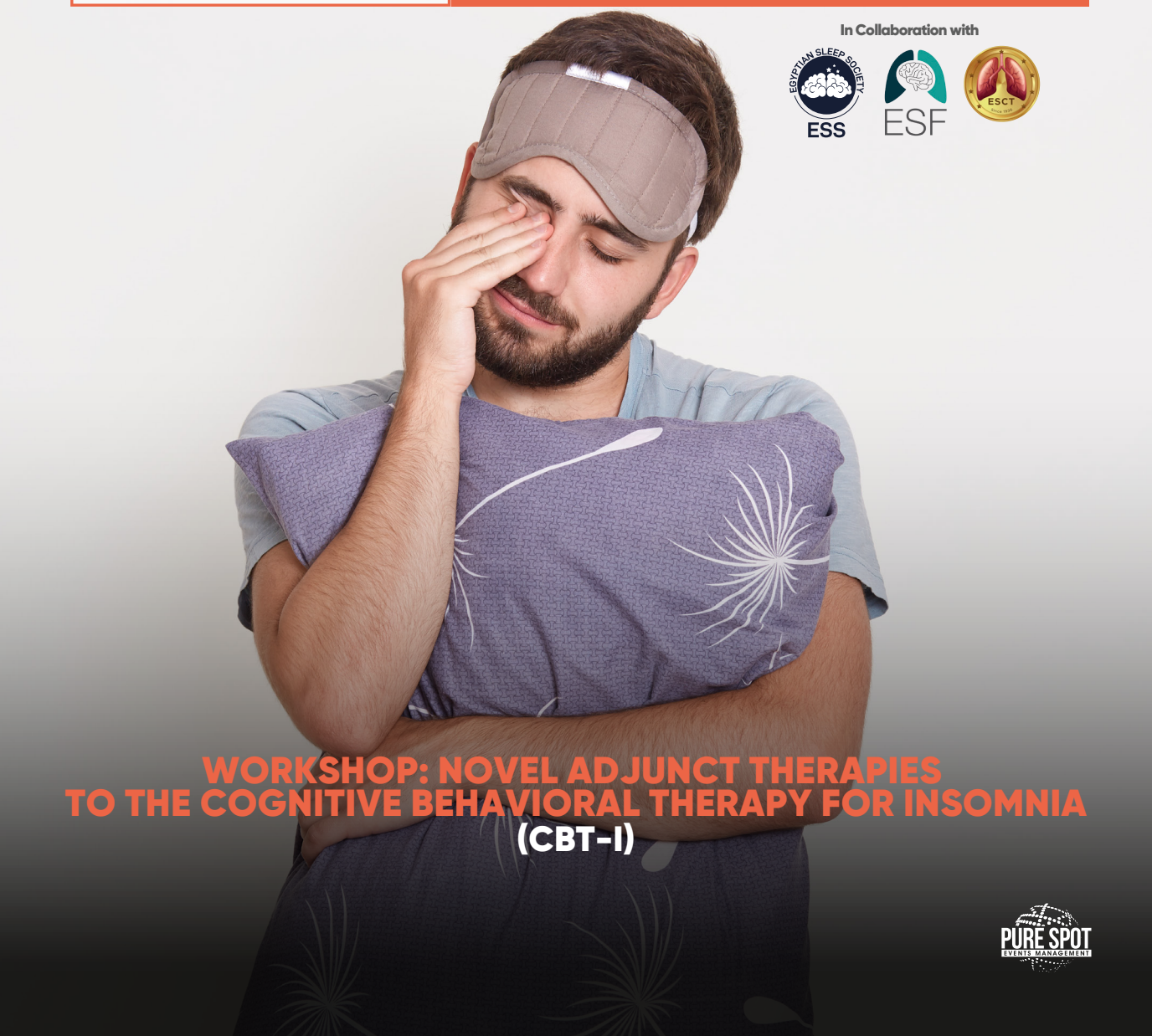
PRINCESS FATIMA ACADEMY, CAIRO

In Collaboration with

EGYPTIAN SLEEP SOCIETY ESS

ESF

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WORKSHOP: NOVEL ADJUNCT THERAPIES TO THE COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

PURE SPOT EVENTS MANAGEMENT

SPEAKERS



DR. AHMED EID ELAGHOURY
Consultant Psychiatrist, Abbassia Hospital for Mental Health, Cairo, MOHP



DR. AMINA LOTFY
Consultant Psychiatrist, Abbassia Hospital for Mental Health, Cairo, MOHP



DR. CHRISTINE SAMY, PHD
Clinical Psychologist, Private Practice, Cairo

Do you have patients with chronic insomnia? Has your patient suffered from chronic insomnia with partial response to CBT-I? Does your patient suffer from emotional expression problems with chronic insomnia? If you could relate to any of these questions while solving the puzzle of chronic insomnia, then this workshop might have answers to your inquiries.

The Egyptian Sleep Society (ESS) dedicates this new workshop to highlight the connection and possibly management tracks for chronic insomnia. This workshop is led by a group of expert clinicians: psychiatrists and psychologists to explore the contemporary evidence, data and skills regarding chronic insomnia.

BY THE END OF THIS WORKSHOP, PARTICIPANTS WOULD BE EQUIPPED WITH BASIC KNOWLEDGE ABOUT:

- The new data and evidence of pathogenesis of chronic insomnia
- How to craft and individualize a management plan for chronic insomnia
- Basic clinical skills to identify emotional and physiological problems in patients with chronic insomnia

THE ATTENDANTS WILL PARTICIPATE IN A JOURNEY OF LEARNING LED BY THE FACILITATORS. OUR ROAD MAP WILL BE AS FOLLOWS:

- What is chronic insomnia?
- Three cases from practice:
  - Case 1 diagnostic jigsaw
  - Case 2 the Rubik of cognition and behaviors
  - Case 3 the rabbit hole of memories
- Case that every clinician faces
- Were your questions answered?

