



FOR IMMEDIATE RELEASE

**AC4W & WTI Bring Nationally Recognized Sleep Expert to Atlanta for
Non-Pharmacological Interventions for Insomnia Workshop
November 9**

*Continuing Education Credits Available for Social Workers, Counselors, and
Psychologists in Georgia*

Atlanta (August 23rd, 2018) — For many people, getting a good night’s sleep seems like an elusive dream, especially during times of change and stress. One in 10 of us struggle with chronic insomnia, while even more suffer disturbed sleep. Trouble sleeping spurs people to visit healthcare providers, counselors, and therapists. It’s vitally important for practitioners to be able to assess, diagnose, and treat insomnia.

Treating insomnia doesn’t necessarily mean prescribing or recommending medications. That’s why for its inaugural training session, the Well-being Training Institute (WTI), as part of its alliance partnership with Atlanta Center for Wellness (AC4W), will offer an interactive, intensive workshop called *Non-Pharmacological Interventions for Insomnia* in Atlanta on November 9, 2018.

“When a person can’t sleep, everything else in their life suffers,” says Elizabeth Martin, founder and director of WTI. “WTI is committed to bringing in expert instructors to teach solid, foundational techniques that will help people improve their lives 24/7, so sleep is a natural place for us to begin.”

The one-day workshop will be led by Kate Kaplan, PhD, a nationally recognized researcher and faculty instructor at the Stanford School of Medicine and practicing psychologist in California.

Social workers, counselors, and psychologists in Georgia can earn 6.5 continuing education credits for attending.

Incorporating the latest information from neurobiology, physiology, and psychiatric research, Dr. Kaplan will provide an overview of the processes that help us fall asleep and stay asleep and illuminate how our bodies, brains, and environments may disrupt or dysregulate sleep. She'll also discuss Cognitive Behavioral Therapy for Insomnia (CBT-I), the first-line recommended treatment for insomnia, in detail.

"Many people start to notice improvements in just a few sessions of CBT-I," says Kaplan. "We'll focus on how to improve sleep, then delve into preventing recurrence of insomnia and anticipating setbacks. We want participants in this training to leave with the confidence that they better understand sleep and can begin helping their clients address sleep complaints."

During this event, participants will have the opportunity to engage in brief experiential activities related to treatment of sleep disorders and will be given information on further professional development, community resources, and supplemental didactic material.

To learn more about the *Non-Pharmacological Interventions for Insomnia* workshop or to sign up, please [click here](#).

About Dr. Kate Kaplan

Dr. Kate Kaplan is a nationally recognized researcher and faculty instructor at the Stanford School of Medicine and a practicing psychologist with multiple offices in California. She specializes in the treatment of sleep difficulties such as insomnia, anxiety and stress, and mood disorders such as depression and bipolar disorder. She has 12 years of experience providing psychotherapy across a variety of settings, including hospitals, community clinics, university medical centers, and as part of federally-funded research programs.

About Atlanta Center for Wellness

Established in June 2017, Atlanta Center for Wellness (AC4W) was created out of a need for a collaborative, holistic, integrative approach to mental health and wellness. Located in the heart of Sandy Springs, Georgia, the practice operates on an outpatient basis and consists of a group of multidisciplinary and seasoned professionals. Specialized services and groups include traditional modalities and alternative therapies to provide individualized, client-centered care and whole-body healing. For information, call 404-343-4162 or visit www.atlantacenterforwellness.com.

About Well-being Training Institute

The idea for the Well-being Training Institute (WTI) came to Elizabeth Martin organically, during a time when she was searching for instruction on her own journey to well-being. When she was unable to find a true personalized, hands-on training experience in the Southeast, she created it. WTI teaches essential skills to achieve optimum well-being 24/7. Our expert instructors provide personalized training experiences in inspiring settings, allowing time for one-on-one attention to make sure all attendees understand and can use these skills in their daily lives. To be notified about upcoming well-being education events, visit www.wellbeingtraininginstitute.net.

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