



Developing and Testing a Web-Based Provider Training
for Cognitive Behavioral Therapy of Insomnia.

M i l i t a r y M e d i c i n e

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Purpose of the article

- to make cognitive behavioral therapy for insomnia (CBT-I) more accessible and effective for health providers especially for the military.
- Improve the long-term benefits compared to medical supplements.
- Improve day-to-day work for patients in a more cost-effective way.

Methods used

- The course was designed by specialists in user-centered web design and the content was developed by experts in CBT-I and military behavioral health.
- The course was refined through alpha and beta testing and feedback from CBT-I behavioral health providers.
- A pilot study was also conducted to compare the effectiveness of CBTIweb.org to an in-person workshop.

Alfa-testing

Only invited

Beta-testing

Nationwide

Pilot-study

Licensed CBT-I
health providers

CBTIweb.org

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CBTIweb

A provider-focused, web-based learning course in Cognitive Behavioral Therapy for Insomnia.
Earn up to 6.5 APA CE credits.

[Register now](#)

WHAT IS CBTI?

CBTI is the first line treatment for chronic insomnia, as effective as medication in the short-term with considerably better long term outcomes

WHAT IS CBTIWEB?

What is CBTIweb? CBTIweb is an online training designed to provide you, the clinician, with the most efficient and enjoyable learning experience possible to become minimally proficient in CBTI.

TELL ME MORE

Dr. Daniel Taylor, an expert in CBTI, explains the components of CBTIweb

[Learn more](#)

Future work

- Translating this training to other languages
- Extending this web-based platform to the treatment of other sleep disorders (e.g., nightmares) and populations (e.g., pediatric populations with insomnia).

Validity - reviewed and approved

- The Medical University of South Carolina Institutional Review Board.
- The U.S. Army Medical Research and Development Command Office of Research Protections.

Thank You
For Listening

