

Consultation for Providers Learning Cognitive Behavioral Therapy for Insomnia and/or Nightmares

Providers who attend a formal training for CBT for insomnia (CBT-I) or for nightmares may want support as they learn to implement these interventions with clients with complex presentations (e.g., co-occurring PTSD). Dr. Kristi Pruiksmas offers group consultation for licensed clinical providers and supervised trainees who have attended a formal training in CBT-I, including the web-based provider training at www.cbtiweb.org, or for nightmares (specifically Exposure, Relaxation, and Rescripting Therapy [ERRT]).

Consultation Format & Fee

Consultation is conducted via video teleconference in a group format with 4-10 consultees who are learning to implement CBT-I, ERRT, or a combination of the two approaches. Currently, the fee for consultation is \$400 for weekly consultation for 4 months (\$25 per consultation session).

Qualifications of the Consultant

Kristi Pruiksmas, PhD is an Associate Professor and licensed clinical psychologist in the Department of Psychiatry and Behavioral Sciences at The University of Texas Health Science Center at San Antonio. Her clinical and research work focuses on providing treatment, conducting clinical research, and supporting dissemination of evidence-based treatments for sleep disorders and posttraumatic stress disorder (PTSD). She has served as a principal investigator, research therapist, supervisor, and trainer for the STRONG STAR Research Consortium and the Consortium to Alleviate PTSD (strongstar.org) which are multidisciplinary and multi-institutional research consortia funded by the U.S. Departments of Defense (DoD) and Veterans Affairs (VA). Projects have included randomized clinical trials examining CBT-I, ERRT, a combination of CBT-I and ERRT, and sequencing sleep treatments with PTSD treatments among active duty military personnel.



Dr. Pruiksmas received intensive training in three distinct areas of expertise including (a) CBT-I under the supervision Daniel Taylor, PhD, CBSM, ABPM, Patricia Haynes, PhD, and Richard Bootzin, PhD, three of the world's experts in CBT-I (b) Cognitive Behavior Therapy for Nightmares (i.e., ERRT) with intensive supervision by Joanne Davis, PhD, one of the developers of this intervention, (c) Group and individual Cognitive Processing Therapy (CPT) for combat-related PTSD with intensive supervision by the developer of the therapy, Patricia Resick, PhD, ABPP, and (c). Dr. Pruiksmas has authored or co-authored over 30 peer-reviewed publications and book chapters and is a featured therapist on the web-based provider training for CBT-I, cbtiweb.org. Dr. Pruiksmas has been providing consultation and supervision for CBT-I and ERRT since 2014.

Sign Me Up!

Interested providers can contact Dr. Pruiksmas at pruiksmas@uthscsa.edu.

