

☑ IN-PERSON ☑ LIVE-ONLINE

**JULY 1-5, 2024**

**Rubin Naiman, PhD, FAASM**, is a psychologist, Fellow in the American Academy of Sleep Medicine, clinical assistant professor of medicine, and the sleep and dream specialist at the Andrew Weil Center for Integrative Medicine at the University of Arizona. He is the leader in the development of integrative medicine approaches to sleep and dream disorders, integrating conventional sleep science with depth psychological and spiritual perspectives. Dr. Naiman is the author of several groundbreaking works on sleep, including *Healing Night*, *Healthy Sleep* (with Dr. Weil), *The Yoga of Sleep*, and *Hush: A Book of Bedtime Contemplations*. He has also authored pivotal medical book chapters as well as scientific and consumer articles on sleep and dreams. His presentations have been described as "simply outstanding," "brilliant," "truly creative," and "magical."

See [www.DrNaiman.com](http://www.DrNaiman.com)

**Speaker Disclosures:**

**Financial:** Ruben Naiman has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-financial:** Ruben Naiman has no relevant non-financial relationships with ineligible organizations.

**Rubin Naiman, PhD, FAASM*****Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach***

**Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily | 15-Hour Course**  
**Delivery Format: In-Person or Live-Online**

Sleep and dreams are the very roots of the tree of waking life, profoundly impacting our mental health and physical well-being. Sleep loss, a most prevalent health concern, is strongly linked to anxiety, depression, obesity, and other chronic illnesses. Although mental health professionals routinely encounter insomnia in their practices as well as personal lives, few are adequately prepared to effectively address it. Unfortunately, our fundamental beliefs about sleep and dreams are excessively medicalized and myopic. In the end, we don't get sleep simply because we don't get sleep.

Join world-renowned sleep and dream expert Dr. Ruben Naiman for a truly transformative learning experience that enhances both clinical skills and personal consciousness. This program addresses insomnia and sleep health from a comprehensive body, mind, and spirit perspective, integrating complementary and alternative medicine, cognitive-behavioral interventions, and Jungian/archetypal approaches. Through engaging presentations, in-depth discussions, personal exercises, and optional dream circles, participants can expect to gain a rich and practical understanding of sleep and dreams to better help their clientele as well as themselves.

**Course Agenda****Monday:****A novel integrative approach to sleep and dreams**

- Our purpose: objectives, outline and method
- Night fever: we are seriously sleep and dream deprived
- Fifty years of sleep medicine and things are getting worse
- The ramifications: physical illness, mental illness and life as a zombie

**The nature of sleep and dreams**

- We don't get sleep because we don't get sleep
- Medicalization: the brain doesn't sleep, we do
- Negative definitions and the loss of the sleeper
- The science and rhythms of sleep, REM sleep and dreaming

**Tuesday:****The big picture: social and cultural factors shaping our nights**

- Hyperarousal: industrialization as a psychosocial force
- The suppression of night, darkness and melatonin
- Living in the waketrix: the subservience of sleep and dreams
- Sleep and dreams as fundamental consciousness issues

**Understanding and evaluating major sleep disorders**

- Screening and evaluation of sleep and dreams
- The pros and cons of sleep tracking devices
- The presentation and etiology of sleeplessness and insomnia
- Personal evaluation: investigating our "nightstand"

**Rubin Naiman, PhD, FAASM | Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach | July 1-5, 2024****Wednesday:****Healing sleeplessness and insomnia**

- Sleep self-efficacy: can we trust ourselves?
- The Noise Reduction Model: taking and letting go of something to sleep
- Sleeping pills and alternatives: botanicals, nutraceuticals, cannabis, and melatonin
- Sleeping in the forest: restoring the art and poetics of sleep and dreams

**Managing body and bed noise**

- The body as the unconscious mind
- The princess and the pee: what really keeps us up at night?
- Stimulus control: getting out of bed to sleep
- Our sleep environment: beds, bedding, bedrooms and nature

**Thursday:****Managing mind noise**

- Thinking, beliefs and meta-cognitions around sleep (CBT-I)
- Going out of our (waking) mind to sleep
- A non-violent approach to night, sleep and dreams
- Sleeping together: the night side of relationships

**Re-writing our bedtime story**

- Where do you go when you go to sleep?
- The art of psychospiritual surrender
- Cultivating awareness of sleep
- Falling in love with sleep again

**Friday:****Dreams as the forgotten bridge to sleep**

- Dream hygiene: interpretation, relation and healing
- REM sleep, dreams and psychedelics
- Bad dreams, nightmares and shadow work
- The waking dream: re-enchanting everyday life
- The United States of consciousness: sleep and dream lessons for waking

**What is consciousness?**

- Braid theory and Turiya: toward a unified sense of self
- On becoming practically conscious
- Laughter, dreams and consciousness

**Course Objectives**

Upon completion of this course participants will be able to:

1. Summarize the basic themes of an integrative approach to sleep, dreams and consciousness
2. Explain the night fever model – the role of chronic inflammation in sleep and dream loss
3. Describe the medical and mental health ramifications of sleep and REM sleep loss
4. Define the wake centrism and its impact on our consciousness and view of sleep and dreams
5. List the key features of hyperarousal and its effects on sleep and dreams
6. Explain the limitations of the conventional medical model view of sleep and dreams
7. Describe the role of circadian rhythms in sleep, dreams, health and consciousness
8. Discuss essential tools and techniques for screening and evaluating sleep disorders
9. Summarize the presentation, impact and treatment of snoring and sleep apnea
10. Discuss the presentation and etiology of sleeplessness and insomnia
11. Recognize the importance of an experiential “artistic” approach of sleep and dreams
12. Describe examples of and approaches to managing body, mind and bed “noise”
13. Explain stimulus control and sleep constriction and their respective indications
14. Summarize the basics, benefits and limitations of CBT-I
15. Identify the utility and limitations of commonly used sleep medications
16. Describe the role of the sleep environment and related interventions for insomnia
17. Discuss dreaming as the essential bridge between waking and sleep states
18. Explain REM sleep loss, dream rebound and methods of restoring healthy dreaming
19. List the essential components of dream hygiene
20. Discuss the intersection of dreamwork, the waking dream, psychedelics and psychotherapy

**Continuing Education**

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. Courses must be completed in one delivery format.*

**Psychologists:** This course is only eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

Please see the CE section on the **individual course page** for a full listing of CE course approvals.

**For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>**

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**In-Person Course Format:** Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30-minute break.

**In-Person Location:**

**Nauset Regional Middle School**, 70 MA-28, Orleans, MA 02653

### Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

### Tuition:

**In-Person Course:**

**Early Tuition Rate: \$700 (through 04/01/2024)**

**Full Tuition: \$750**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

**Live-Online Course:**

**Early Tuition Rate: \$575 (through 04/01/2024)**

**Full Tuition: \$625**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Refund Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

**Within two weeks:** If you give notice between fourteen and one day(s) before your course start date a credit for a 2024 Cape Cod Institute program is available. Credit may be applied to any 2024 or 2025 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

**Once your course begins:** No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at [info@cape.org](mailto:info@cape.org) or by calling + 1 (203) 781-6492.

Please visit <https://www.cape.org/policies> for more information.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or [info@cape.org](mailto:info@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

Cape Cod Institute Administration  
MAK Continuing Education, LLC  
2 Belden Ave  
PO Box 2225  
Norwalk, CT 06852  
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267  
E-mail: [info@cape.org](mailto:info@cape.org)

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

## JULY 1-AUGUST 23, 2024

### JULY 1-5, 2024

**Janina Fisher, PhD**

*Transforming Trauma-Related Resistance and Stuckness*

*In-Person & Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach*

*In-Person & Live-Online*

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety and Below the Surface Leadership in Organizations, Clients, and Yourself*

*In-Person & Live-Online*

### JULY 8-12, 2024

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories*

*In-Person & Live-Online*

**Barry Prizant, PhD, CCC-SLP**

*Understanding and Supporting Autistic and Neurodivergent Individuals through the Uniquely Human Lens*

*In-Person & Live-Online*

**Licia Sky, BFA**

*Embodied Awareness: The Art of Presence and Attunement*

*In-Person Only*

**Bessel van der Kolk, MD**

*Frontiers of Trauma Treatment*

*In-Person & Live-Online*

### JULY 15-19, 2024

**Sebastian Barr, PhD**

*Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults*

*In-Person & Live-Online*

**James Hawkins, PhD, LPC**

*Facilitating the Function of Attachment in Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*

*In-Person & Live-Online*

**Stewart Levine, JD**

*Building a Culture of High Performance Sustainable Collaboration: Mindset and Tools*

*In-Person Only*

**Richard Schwartz, PhD & Jeanne Catanzaro, PhD**

*Internal Family Systems Workshop*

*In-Person & Live-Online*

### JULY 22-26, 2024

**Deb Dana, LCSW**

*Polyvagal Theory in Therapy: Practical Applications for Treating Trauma*

*In-Person & Live-Online*

**John Forsyth, PhD & Jamie Forsyth, PhD**

*Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard*

*In-Person & Live-Online*

**Flint Sparks, PhD**

*Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice*

*In-Person Only*

**Cece Sykes, LCSW, ACSW**

*Internal Family Systems and Compassion for Addictive Processes*

*In-Person & Live-Online*

### JULY 29-AUGUST 2, 2024

**Margaret Blaustein, PsyD**

*Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency*

*In-Person & Live-Online*

**Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW**

*"HOT" Topics in AEDP™*

*In-Person & Live-Online*

**Franklin King, MD**

*The Promise of Psychedelics: A Critical Look at the Therapeutic Potential of Psychedelic-Assisted Treatments*

*In-Person & Live-Online*

**Juliet King, PhD, ATR-BC, LPC, LMHC**

*Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being*

*In-Person Only*

### AUGUST 5-9, 2024

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, Carol Kramer, LICSW, & Joanne Audyatis, LMHC**

*IMAGO: Proven Strategies for Helping Couples Move from Conflict to Connecting*

*In-Person & Live-Online*

**Deborah Korn, PsyD**

*EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect*

*In-Person & Live-Online*

### AUGUST 5-9, 2024

**George McCloskey, PhD**

*Intervention for Child and Adolescent Executive Function Difficulties*

*In-Person Only*

**Maria Sirois, PsyD**

*Paradoxes in Resilience: Leveraging Moments of Grief, Illness, Hardship and Sudden Change to Accelerate Growth*

*In-Person & Live-Online*

### AUGUST 12-16, 2024

**Bob Anderson**

*The Journey of Conscious Leadership*

*In-Person Only*

**Edward Hallowell, MD**

*Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span*

*In-Person & Live-Online*

**Donald Meichenbaum, PhD**

*Addressing Issues of Violence and Aggression in Individuals and Communities: Development, Prediction, and Intervention*

*In-Person & Live-Online*

**Ronald D. Siegel, PsyD**

*What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy*

*In-Person & Live-Online*

### AUGUST 19-23, 2024

**Amanda Blake, PhD**

*Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance*

*In-Person Only*

**Mary-Frances O'Connor, PhD**

*The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*

*In-Person & Live-Online*

**Jonah Paquette, PsyD**

*Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection*

*In-Person & Live-Online*

**Eboni Webb, PsyD, HSP**

*Dialectical Behavior Therapy (DBT): Effective Tools for Navigating Trauma and Attachment in Complex Clients Across the Lifespan*

*In-Person & Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted.

For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: [www.cape.org](http://www.cape.org)**