

Choosing Sleep

FREE! Four-week Online Therapy Programme starting 18 February 2019



Thank you for your interest in our FREE online therapy programme - Choosing Sleep.

Firstly, all you need to do is copy and click on the link below; or if you prefer, scan the QR code on your mobile phone to register for the programme:

<https://tinyurl.com/ycjk4mso>



You will automatically be taken to the following screen, where you just click onto the orange “register” button (circled in red) to complete your details and book onto the programme:



Mind Time Therapies
Webinars

PARTNER PROGRAMME PLAN



Lawrence Way CCS

Welcome, you are seconds away from being able to register onto one of our Webinar programmes. If you're new to us you will need to register with us first and then you will be able to choose the Webinar programme that best suits you. This process is quick and simple just follow the link below.

If you've already registered with us; login and away you go!

REGISTER HERE

Not yet registered, then click the Register Button below:

REGISTER

LOGIN

Once registered you will receive everything you need to get ready for the programme via your email account. It is easy, quick and convenient to do!

The four-week programme takes place every **Monday evening from the 18 February 2019 to 11 March 2019 at 8pm.** Each session lasts for about 50 minutes.

You can find out more about MTT and our programmes at www.mindtimetherapies.co.uk and by watching this short YouTube clip: <https://youtu.be/KRKbxctUmho>

We look forward to you joining us.

www.mindtimetherapies.co.uk

What is an online therapy programme?

An online therapy programme (also called a Webinar), is a live internet based way of connecting a therapist with a person receiving therapy. This means that the therapist can present therapy to an individual or a group of people in a safe online environment and can tailor the therapy to the needs of an individual or group at the time.

During the webinar session, you will see the therapist via a live video link, in the corner of your screen. You will also see relevant information, images and explanatory notes on the screen. You cannot be seen at all.



Dr Mike Scanlan, MTT's Lead Clinician and Therapist

You can interact in a conversation with the therapist via an online chat or discussion option, choosing whether you wish to do this anonymously or by revealing your name. The choice is yours.

Here is an example of what your screen can look like during a webinar:

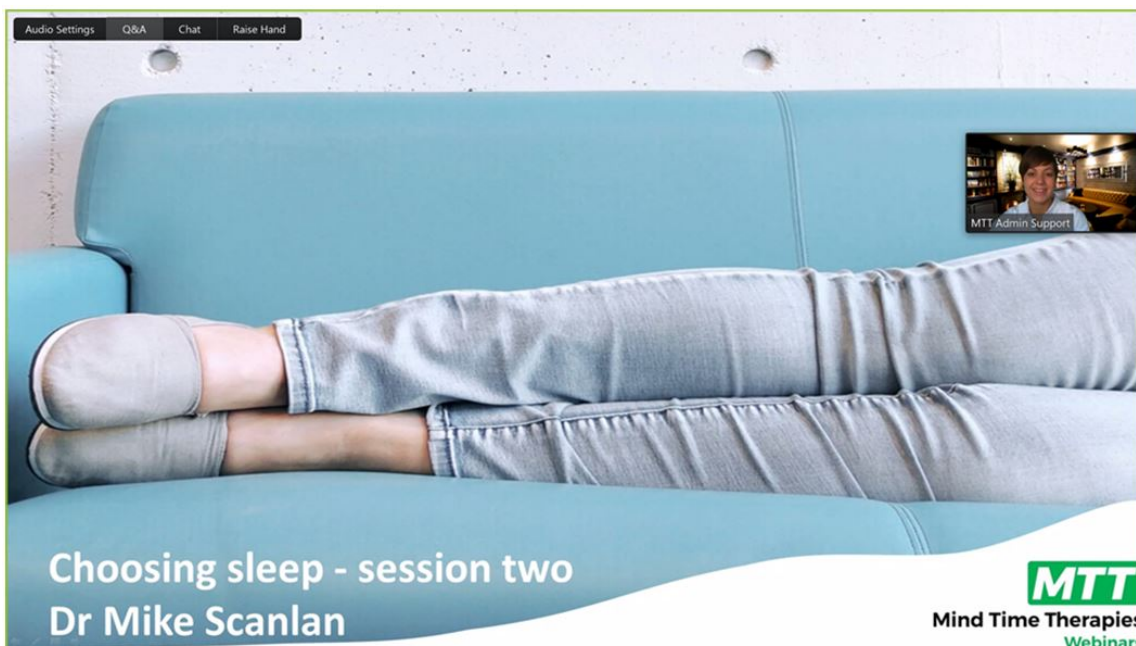


Image shown is from an MTT Choosing Sleep webinar programme

At MTT, all of the live webinars/online therapy sessions are recorded and shared with you so that you can revisit what has been done after the session. You can also access the recordings for up to 12 months after their webinar programme has finished, if you require further help or support.

Getting the most out of this therapy programme:

There are four simple steps to getting the most out of this online therapy programme!

Step 1 – watch the webinar live

Firstly, watch the webinar session live. At the time of your chosen webinar, all you need to do is click onto the link that will be provided to you via email to join the webinar session. It is also a good idea to note down the webinar telephone number as well, in case you lose your internet connection and need to listen in to the webinar session over the telephone.

Step 2 – watch the webinar recording

About 24 hours after the live webinar, you will be able to watch the recording of the live webinar session. You can do this just by logging onto the secure MTT Portal via www.mindtimetherapies.co.uk using your unique password and click through to the “view recording” link.

Ideally, you will always be able to watch the live webinar session; however there may be occasions when you can't make this time for some reason. It is good to know that you won't miss anything as you can always catch-up by watching the recording. Additionally, you may find that you like to watch the live session and watch the recording again afterwards, so that you can fully understand the techniques and how to put them into practice in your daily life. The choice is entirely yours.

Step 3 – practice the techniques

When you log on to the MTT Portal, you will also find everything that you need to do the home practice that your online therapist has given you for the week. We recommend that you look at the MTT Portal to get your home practice resources first, this may be watching a video, listening to an audio or practicing a meditation. Then use this handbook for additional support and to monitor your progress.

Step 4 – review your progress

Try to set aside some time aside each week to use the programme handbook to record your progress. At the start of each live webinar session, the therapist will also ask you to review your progress and to share your experiences and learning in the safe online environment. The handbook may be a useful reminder. You can also note down any questions that you want to ask the therapist or experiences that you would like to share. Previous participants have told us that they find it helpful to share problems, discuss them and learn new techniques from the therapist and the group in this way.

If you have any questions, please contact MTT at support@mindtimetherapies.co.uk

Overview of the Choosing Sleep four-week webinar programme

Introduction:

This Acceptance and Commitment Therapy (ACT) programme is delivered via Webinar. It enables people to lessen their psychological blocks associated with being over- preoccupied with sleep. Participants learn about sleep, they learn to sleep better and they stop worrying about how much sleep they get.

Programme approach:

Participants learn about theories and the science of sleep, they learn to sleep better by improving their sleep hygiene, by establishing better patterns of sleeping and waking, they also learn to use a range of techniques that support restful sleep. Above all however this evidence based approach enables people to stop worrying about how much sleep they get.

Aims and outcomes of the programme:

- To understand the realities of sleep and all the catastrophic myths that surrounds it.
- To use tools to calm your worrying mind.
- To live more in the now rather than worrying about past poor-quality sleep or how awful you will feel if you don't sleep.
- To notice and let go of the scripts in your head that remind you that you can't sleep or that constantly remind you of how many hours that you have left to sleep.
- To manage the emotions that keep you awake at night such as the frustration, guilt, despair and fear associated with not sleeping.
- To accept that the feelings you may get just before going to bed of a fast beating heart, a tight chest or a knot in the stomach does not decree that you are going to have another bad night.
- To smile at and ignore the unhelpful urges to get up from your bed, to have a drink of alcohol and/or take more medication.
- To shift your focus towards getting back to living your life again rather than struggling with your sleep.
- To manage any accompanying factors that could be affecting your sleep such as excessive daytime stress, anxiety, depression and tinnitus, as well as any dietary or exercise problems.

Target group:

- People with sleep problems
- People who worry about their sleep.

Participants will have access to the MTT Client Portal and all supporting programme resources including Webinar slides, home practice resources and a recording after the Webinar session.

We hope that you enjoy your MTT Webinar programme and that our therapeutic support helps you to learn and develop suitable coping skills so that you can live your life to the fullest.

**Kind regards,
The MTT team**