



SAMARITAN CENTER

# SLEEP SKILLS GROUP:

A THERAPY GROUP FOR ADULTS SEEKING TO IMPROVE SLEEP



Insomnia can affect every facet of life, from relationships to job performance to daily functioning. This Sleep Skills Group will help you modify thoughts and behaviors to improve sleep with others who have similar goals. Over the course of four sessions, members will receive tools, coping skills, and education based on the tenets of Cognitive Behavioral Therapy for Insomnia (CBT-I). Due to the nature of the skills-building group, members are asked to attend all four sessions.

- **WHEN:** February 2019. Date and time to be determined based on group member consensus.
- **WHERE:** Samaritan Center, 8956 Research Blvd., Bldg. 2, Austin, TX 78758
- **COST:** \$50 per session
- **REGISTRATION REQUIRED:** Please contact Erin Peace at 512-451-7337 ext. 312 or [erin@samaritan-center.org](mailto:erin@samaritan-center.org) for information.



**FACILITATORS:** Paul Daanen, Psy.D. & Erin Peace, LMSW. Paul serves as the Military Clinical Director & Clinical Psychologist for Samaritan Center. Erin works as a staff therapist with individuals, families, and groups at Samaritan Center. Both Paul and Erin have specialized training in administering CBT-I.