

Sleep Hygiene and Mental Health

The workshop will focus on a basic understanding of sleep disorders, with particular emphasis on the relationship between acute/chronic stress and sleep. Participants will cover current sleep related research, with an emphasis on the positive health benefits of sleep. Various theoretical perspectives regarding how stress impacts the body, and sleep specifically, will be covered. Finally, practical research backed approaches to improve sleep hygiene will be discussed.



Patrick Kiely graduated from Michigan State University School of Social Work in 2013 and began working as a Therapist in Muskegon County, focusing on youth identified with complex developmental trauma. During this time he also completed licensure requirements for Marriage and Family Therapy, with coursework completed through Michigan State's Human Development and Family Studies Department. Over the three years Patrick implemented a variety of evidence based trauma interventions, particularly Trauma Focused CBT (National Certification Completed in 2015). In 2015 he also began certification for EMDR, and completed international certification in May of 2019. From 2015 to 2019 Patrick has been supervising Family Based Services at Muskegon's Community Mental Health (HealthWest), working with a team of clinicians to provide evidence based interventions for individual and family therapy to youth with a severe to moderate mental health diagnosis.

Date: Friday, May 29, 2020

Time: 8:45 a.m. - 12:00 p.m.

Location: GVSU Bicycle Factory, Grand Rapids

Presented By: Patrick Kiely

Cost: \$49

Register at www.gvsu.edu/swce

Recommended for LBSW and LMSW beginning skill level; for learning objectives and additional program information, please go to our web site.

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award 3.0 Michigan social work continuing education contact hours for this program.