

**Lunchtime Learning: October 17, 2024 at Noon Virtually**

**Managing Chronic Illness Utilizing CBT  
with Kristin L. Daley, PhD, FSBSM**

Chronic illness has become increasingly prevalent in the 21st century, and the COVID global pandemic exponentially increased the number of people living with chronic health conditions. Psychological therapies have demonstrated efficacy in reducing symptom severity for many challenges with chronic illness, including pain, fatigue, dizziness, and stomach upset, along with comorbid psychological conditions such as depression, anxiety, and insomnia. Although CBT has become the gold standard of nonpharmacological treatment for many chronic illnesses (e.g. tinnitus, fatigue, chronic pain), access to CBT is often limited to specialty practices and multidisciplinary care teams. This training is intended to introduce psychological practitioners to the pathways that their training in CBT therapies can be utilized in the treatment of patients with chronic illness. Emphasis will be on the specific behaviors, beliefs, and cognitions that develop in the lived experience of chronic illness, and how clinicians can directly support clients with chronic illness.

**Fee:** NCPA Members - \$20.00; Non-members - \$45.00

**Instructional Level:** Intermediate

**Educational Format:** Lecture

**Learning Objectives:**

**By the end of the institute, participants will be able to:**

1. list three of the unique psychological characteristics of people with chronic illness,
2. identify modifications to CBT protocols to accommodate limitations associated with chronic illness conditions, and
3. explain the pathways that CBT treats chronic illness.



**Instructor:**

**Dr. Kristin Daley** spent much of her career working in various aspects of sleep medicine and has always had a passion for sleep and psychology. After receiving a BS in Biology from UNC-Chapel Hill, she completed her MA in Clinical/Community Psychology from UNCC, and worked as the director of the sleep medicine program at Charlotte Eye Ear Nose & Throat, Assoc. She then completed her PhD in Clinical Health Psychology at UNCC, and engaged in health psychology across diagnoses while honing skills in CBT, DBT and ACT.. She most recently received Fellow status in Behavioral Sleep Medicine through the board of Behavioral Sleep Medicine. She currently is co-owner of the group private practice, BASE, in Charlotte, NC and teaches CBT for the Atrium Behavioral Health Psychiatry Residency.

**Continuing Education Information:** This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. **This workshop is offered for 1 hour of Category A credit.**

**Attendance Requirement for CE Credit:**

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.

**Citations:** Available upon request.