A STRESS, TRAUMA, AND RESILIENCE SEMINAR
PRESENTED BY THE DIVISION OF POPULATION BEHAVIORAL HEALTH

AFRAID AND AWAKE:
THE INTERACTION BETWEEN TRAUMA AND SLEEP IN CHILDREN AND ADOLESCENTS

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WEDNESDAY, MAY 19, 2021 | 9:00 AM - 10:30 AM PDT

Click here to register on the Wellbeing for LA Learning Center

This seminar will be held online.

LEARNING OBJECTIVES:

1. Explain the relationship between traumatic experiences, mental illness, and sleep.
2. Describe ways to evaluate sleep disturbances in the context of trauma (and vice versa).
3. Discuss why it is important to treat sleep disturbances in the context of trauma (and vice versa).
4. List promising psychological and pharmacological treatments for sleep issues and trauma.

A recording with closed captioning will be available on the STAR Seminar web page at dpbh.ucla.edu/STAR-Seminar.

1.5 Continuing Education Credits Available.

UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists.

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