

**Time-Ordered Agenda for
Childhood Trauma and Sleep Disturbances**

Instructor: Jerrod Brown, PhD

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
30	Show a working understanding about sleep disturbances. Assess the risk factors, warning signs, red flag indicators, and causes of sleep disturbances.	Lecture, Case study, Discussion
30	Define early life trauma with common examples of such experiences.	Lecture, Case study, Discussion
30	Explain how exposure to early life traumatic experiences contributes to sleep disturbances.	Lecture, Case study, Discussion
30	Distinguish between the proper screening and intervention strategies appropriate for individuals impacted by sleep disturbances who have a history of trauma exposure.	Lecture, Case study, Discussion
120	TOTAL RUN TIME	