NORTH TEXAS SOCIETY OF CLINICAL HYPNOSIS

Presents

Sleep Disorders in Times of Pandemic

Presenter(s}: **Lilliana Estrada Chaverri, MD**

Date Wednesday, February 24th, 2021

Time: 6:00 pm - 7:30 pm (Central)

Where: This will be a Skype format due to the current gathering restrictions.

Participatory Format: This presentation is intended to provide an overview of sleeping disorders, their physiology, and the impact they have in people's lives in times of pandemic. The increase of sleeping disorders during pandemic have increased significantly. For this reason, it is very important to have a better understanding of such disorder's dynamics and the use of tools such as hypnosis to address these difficulties.

Who May Attend: This meeting is open to any individual with a Master's Degree in the health Sciences, or who is enrolled in a program in pursuit of such a degree.

CEU's (1.5) offered by Green Oaks

Contact: Alejandra Diaz