



Witness Justice

Training

Virtual Training Academy

Session Scheduled for Witness Justice's Dynamic Virtual Training Academy

A virtual training for May has been scheduled for Witness Justice's [Virtual Training Academy](#). The one hour training sessions are \$75.00 per participant. For more information on the training sessions, or to sign up, please email v-training@witnessjustice.org or call (301) 846-9110.

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Sleep Expert Barry Krakow Featured

PTSD & Sleep Disorders: The Benefits of Sleep Medical Care for the Trauma Survivor

May 7, 2008 (Wednesday) from 1-2 pm, EST

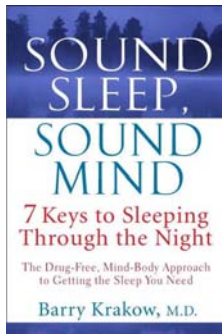
This 45 minute presentation will be followed by 15 minutes of Q&A. Class size is limited. Dr. Barry Krakow, a specialist in the treatment of Post Traumatic Sleep Disturbance, will be presenting the training that will provide insight on the physical root cause of insomnia and how this physiological disorder must be tackled along with other mental and emotional factors.

Many survivors note sleep disturbances as a recurring concern. Although sleep problems are common following a traumatic event, they are often not adequately addressed by medical professionals or counselors. This is a particular concern to

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survivors of violence, because sleep disturbances that continue beyond a one-month period can lead to physiological changes that are more difficult to treat. Some common factors that contribute to sleep problems for trauma victims include: flashbacks and troubling thoughts that make falling asleep difficult; maintaining a high level of vigilance, which can make sleep difficult; and using alcohol or other drugs to numb the emotional and physical pain. Substance abuse can not only exacerbate sleep problems - it can also impede the healing process, in general.

Dr. Krakow is the Medical Director of Maimonides Sleep Arts & Sciences, and the principal investigator of the non-profit Sleep & Human Health Institute, both located in Albuquerque, NM. As a board certified internist and sleep medicine specialist, Krakow has authored a number of works published in medical, psychiatric, and sleep journals. His recently published book titled [Sound Sleep, Sound Mind: 7 Keys to Sleeping Through the Night](#) introduces the concept of Sleep Dynamic Therapy to identify and treat the cause of insomnia.

Witness Justice is a national, grassroots, nonprofit organization created by survivors for survivors. Our mission is to offer advocacy and support to victims of violence and trauma. Witness Justice offers support regardless of where a victim lives, when or where the crime occurred, or whether the crime was ever reported. For more information, visit www.WitnessJustice.org.