

- *I wanted to express my appreciation for this training – it was truly excellent. I have already incorporated CBT-I into my patient visits regarding insomnia. I work in addiction medicine, where sleep issues are common, and it's been invaluable. I've recommended this training to my coworkers and will continue to use it daily in my practice.*
- *I have had a 100% success rate in clients who have completed the CBT-I program! I am so thrilled to have this opportunity to assist my clients.*
- *We have two clinicians trained through your CBT-I program. We are currently teaching the program with wonderful success and have a large number of patients on a long waiting list to get into the class!*
- *This was a great course that provided all the information and materials to allow for the immediate use of CBT-I in my practice.*
- *Everything was organized. I highly recommend it to anyone in clinical practice.*
- *This training ranks very high in my experience, in the amount of useful information effectively presented in a concise format. It had just the right balance of technical instruction and review of supporting research.*
- *Dr. Jacobs provided a complete, efficient, well-organized training in a protocol that I can begin implementing in my practice immediately.*
- *I want to thank you for this CBT-I training. I would highly recommend it others. It's amazing to see how far the field of insomnia treatment has come.*
- *This CBT-I training was excellent. It was well-structured and clear, and covered both theory and clinical application of this empirically sound and effective treatment.*
- *The knowledge and useful skills, as well as materials provided, exceeded my expectations, and will be of immediate benefit to me in my clinical practice.*
- *Highly recommended. I have already recommended this training to a couple of other clinicians.*
- *Even though I have done extensive reading about CBT-I, this training was tremendously helpful. It provided a detailed plan of what information to provide to patients and ways to present it so that patients will understand key concepts.*
- *I now have all the tools I need to start a CBT-I program and a lot more confidence.*
- *I am thrilled to recently complete your training in CBT-I. Many colleagues have spoken positively both about the training experience and its efficacy.*
- *The training was terrific: packed with information, clearly presented. Thanks so much!*
- *Highly recommended, incredibly well-organized CBT-I training. You will be fully equipped to seamlessly put this life changing protocol of CBT-I immediately into clinical practice.*
- *This will dramatically change the health and quality of life for so many of my patients.*
- *This training was one of the most comprehensive and practical trainings I've ever completed.*
- *Because the training covered so much information, I really felt ready and able to put what I learned into practice immediately.*
- *I was extremely impressed with this CBT-I training. There is finally a practical and healthy method for patients to resolve or diminish their sleeping issues.*
- *I recently completed Dr. Jacobs' CBT-I training and can say without reservation that it was excellent and surpassed all my expectations.*

- *Very organized and thorough. I would recommend this training to anyone who is interested in treating patients with insomnia.*
- *The training was informative and thorough. Unlike some trainings that often fall short on treatment application, this CBT-I training geared towards providing practical strategies to share with patients.*
- *The training provided everything needed to inform, assess, and treat people with insomnia in a clear and concise session by session protocol that is empirically based and clinically tested.*
- *This training was extremely informative and a great learning experience.*
- *The training was rigorous, well presented and stimulating. I came away feeling it was very effective and practical.*
- *The concepts and ideas presented are immediately applicable for use with patients.*
- *Thank you for this most interesting and informative training.*
- *Thank you for this wonderful opportunity to learn more about CBT-I.*
- *Thank you so much for this course. So much good information, so well put together and presented and such helpful materials for patients.*
- *Thanks for creating such a wonderful resource about sleep! I learned a lot.*
- *Thanks for the excellent resource that you have put together on CBT-I.*
- *I would also just like to thank you for having made this comprehensive training available and in such an enjoyable format!*
- *Thank you for the very valuable training!*
- *Thank you for providing this wonderful training and resource.*
- *This is an outstanding course.*
- *Please accept my thanks for a great program that is immensely beneficial to the population of clients I work with.*
- *The program was excellent, and the research basis is very convincing.*
- *Thank you for the incredible research and work you have done in developing CBT-I and the training course!*
- *Thank you for the very high quality training - one of the best I've ever done and definitely the best value for the money as far as what it offers my practice.*