

Certified CBT-I Clinician

This certifies that Esther Parker has mastered the necessary core competencies for evidenced-based Cognitive Behavioral Therapy for Insomnia (CBT-I) treatment and has demonstrated a high level of proficiency in the CBT-I program I developed and tested at Harvard Medical School.

DR. GREGG D. JACOBS
PROGRAM COORDINATOR
CBT-I AND BEHAVIORAL SLEEP MEDICINE SPECIALIST

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