

BENJAMIN PUTOIS, PhD

- Born in 05/04/1980 in France.
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CURRENT POSITIONS

- **University teacher** UniDistance, Überlandstrasse 12, 3900 Brigue, Switzerland.
- **FSP Psychologist** Telepsychology, Avenue Collonges 9, 1004 Lausanne, Switzerland.
- **Associate researcher** PAM lab, INSERM U1028, Lyon Neuroscience Research Center, France.
- **Psychotherapist - CBT** Dormium, 13 place carriat, 01300 Bourg en Bresse, France.

CERTIFICATIONS & TRAINING

- **2016** Vaud delegated psychotherapy practice agreement
- **2014** Validation of the diploma of Psychologist in Switzerland
- **2011** French CBT psychotherapy practice agreement
- **2010** Master in Clinical psychology, psychopathology and psychotherapy (Paris 8 University)
- **2009** PhD in Sciences Cognitives (Lyon 2 University)
- **2006** Research Master 2 in Sciences Cognitives (Lyon 2 University)
- **Certification in:** Eye Movement Desensitization and Reprocessing (2016-...), Therapeutic Patient Education (2013), Sleep physiology and pathology (2012), Cognitive and Behavioral Therapy (2006-2010).

CLINICAL EXPERIENCES IN PSYCHOLOGY AND PSYCHOTHERAPY

- 2021– ...** **FSP Psychologist – independent activity (telepsychology in Switzerland)**
Clinical psychology for Benzodiazepine Withdrawal, sleep disorders, PTSD, anxiety disorders.
- 2013 – ...** **Dormium – independent activity (telepsychology in France)**
Psychotherapy (CBT, ACT, EMDR) for sleep disorders, traumatic disorders and anxiety disorders in children and adults.
Collaborations : Hospice Civil de Lyon, Prosom, Laure Peter-Derex, Hélène Bastuji...
- 2014 – 20** Hôpital Femme Mère Enfant - Service Epilepsie & Sommeil (Lyon)
CBT for sleep disorders and narcolepsy in children.
Collaborations: Patricia Franco, Marie-Jo Challamel.
- 2016 – 19** Centre Lausannois de Médecine du sommeil (Lausanne)
Delegated psychotherapy (CBT, ACT, EMDR, IRT), anxiety disorder, sleep disorder, mood disorder, in adults.
Collaboration: Eric Lainey.
- 2014 – 18** Association nationale pour la promotion des connaissances sur le sommeil (Lyon)
Psychotherapy for chronic nightmares (IRT) and post-traumatic stress disorder.
Collaborations : Inserm, Prosom, ABC psychotrauma, Bruno Claustrat, Wissam El-Hage.
- 2010 – 12** Réseau de santé de L'association pour la prévention et la prise en charge des troubles du sommeil (Lyon)
Psychotherapy (CBT groups) of adults suffering from insomnia and hypnotic dependance, care coordination, webmaster.
Collaboration : Hélène Bastuji, Susan Higgins, Dominique Robert.
- 2010** CHS Le Vinatier (Lyon)
Psychotherapy (ACT, cardiac coherence), cannabis groups for patients with schizophrenia.
Collaboration : Nicolas Franck.
- 2009 – 11** CAbinet LYonnais de PSYchothérapie libéral (Lyon)
Psychotherapy (CBT, ACT) for anxiety disorder, sleep disorders, mood disorders.
Collaboration : Benjamin Schoendorff.
- 2006 – 09** Laboratoire de Psychologie Médicale, Hôpital Neurologique (Lyon)
Psychotherapy (CBT) for anxiety disorder.
Collaboration : Jean Cottraux.

CLINICAL PSYCHOLOGY RESEARCH EXPERIENCES

- Principal Investigator in 3 academic studies on Remote Cognitive Behavioral Therapy for sleep disorders:
 - Remote Acceptance and Commitment Therapy for benzodiazepine dependance (in progress).
 - Remote Acceptance and Commitment Therapy for Insomnia and Hypnotic dependance.
 - Remote Imagery Rehearsal Therapy for chronic nightmare and Traumatic disorder.
- Principal Investigator in 5 academic studies on Psychometric validation of Psychopathological Questionnaires: SDSC, SHSC, QDEPB, CIWA-B, COMPACT.
- Themes: Telepsychology, Insomnia, Nightmares, Post-traumatic stress disorder, CBT, ACT, IRT, EMDR.

TEACHING - SUPERVISION

- **Teaching (2003 – ...):**
 - **Swiss Distance Learning University - UniDistance (2011 - ...):** Bachelor's in Psychology: Cognitive Psychology, Psychopathology. Master's in Psychology: Health Psychology, Psychological crisis management.
 - **Lyon 1 University (2015 - ...):** Post-graduate certification in Sleep Medicine (CBT for sleep disorders).
 - **Lyon 2 University (2003-2019):** Bachelor's in Psychology: Statistic for psychologist, Research methodology, Cognitive Neurosciences of Anxiety.
- **Student supervision (2012 – ...):** 2 PhD in Psychology, 6 Clinical Master2's in Psychology, 9 Research Master2's in Psychology, 6 Clinical Master1's in Psychology, 14 Bachelor's in Psychology.
- **Telehealth education:** an online e-learning for OSA: www.unasdom-sante.org, an online telepsychology for children sleep disorder: www.sommeilenfant.org, an online e-learning for nightmare: www.imaginerever.org

GRANTS & FUNDING

2020	Fondation ALCEA	Grant: Telepsychology for rational consumption of benzodiazepines and related drugs	Principal investigator	CHF 389'880
2016	Fondation APRIL	Grant: Remote Acceptance and Commitment Therapy for Insomnia and Hypnotic dependance	Principal investigator	20'000 €
2014	Fondation Vinci Autoroute	Grant: Remote Imagery Rehearsal Therapy for chronic nightmare and Traumatic disorder	Principal investigator	29'610 €
2014	Association Lyonnaise de Logistique Posthospitalière	Grant: Cognitive and emotional dimension of Obstructive Sleep Apnea Syndrome and Continuous Positive Pressure Ventilation	Principal investigator	6'000 €
2013	Unasdom union nationale des associations de santé à domicile	Funding: Telehealth services to improve CPAP nonadherence for sleep apnea syndrome patient	Principal investigator	77'130 €

PUBLICATIONS

Peer-reviewed publications: n=16, 4 as 1st and 7 as last Author; **Teaching papers:** n=2; **Book chapters:** n= 5; **Book:** n=3, **Invited conference talks:** n=15, **Talks for general public:** n=25, **Communication congress poster:** n=15.

- **Putois, B.,** Chapoutot, M (accepté). *Plus belle la nuit, Thérapie d'Acceptation et d'Engagement pour l'insomnie*. Paris: Odile Jacob.
- Chapoutot M, Peter-Derex L, Bastuji H, Leslie W, Schoendorff B, Heinzer R, Siclari F, Nicolas A, Lemoine P, Higgins S, Bourgeois A, Vallet GT, Anders R, Ounnoughene M, Spencer J, Meloni F, **Putois B.** (2021). Cognitive Behavioral Therapy and Acceptance and Commitment Therapy for the Discontinuation of Long-Term Benzodiazepine Use in Insomnia and Anxiety Disorders. *Int J Environ Res Public Health*, 18(19):10222.

- Cavalli, E., Royce, A., Chaussoy, L., Herbillon, V., Franco, P., **Putois, B.** (2021). Screen exposure exacerbates ADHD symptoms indirectly through increased sleep disturbance. *Sleep Medicine*, 83(4).
- Chapoutot, M., Peter-Derex, L., Schoendorff, B., Bastuji, H., **Putois B.**, (2020). Telehealth-delivered CBT-I program enhanced by Acceptance & Commitment Therapy for insomnia and hypnotic dependence: a pilot Randomized Controlled Trial. *Journal of Sleep Research*, doi.org/10.1111/jsr.13199
- Lecuelle, F., Leslie, W., Huguelet, S., Franco, P., & **Putois, B.** (2020). Did the COVID-19 lockdown really have no impact on young children's sleep? *Journal of Clinical Sleep Medicine*. doi.org/10.5664/jcsm.8648
- **Putois, B.** (2020). *Manuel de guérison des cauchemars*. Paris: Les arènes.
- **Putois, B.**, Leslie, W. Asfeld, C., Sierro, C., Higgins, S., Ruby, P. (2020) Methodological recommendations to control for factors influencing dream and nightmare recall in clinical and experimental studies of dreaming. *Frontiers neurology*, 11, 724.
- Sierro, C., Leslie, W., & **Putois, B.** (2020). Long-term effects of treatment for chronic nightmares: is imagery rehearsal therapy robust in the COVID-19 pandemic? *Journal of Clinical Sleep Medicine*.
- Franco, P., **Putois, B.**, Guyon, A., Raoux, A., Papadopoulou, M., Guignard-Perret, A., Bat-Pitault, F., Plancoulaine, S. (2020). Sleep in Pediatrics: sex and gender differences. *Sleep Med Rev*, 51:101276
- Lecuelle, F., Gustin, M-P., Leslie, W., Mindell, J.A., Franco, P., **Putois, B.** (2020). French validation of the sleep disturbance scale for children (SDSC) in young children (aged 6 months to 4 years). *Sleep Medicine*, 67: 56-65
- White, M., Charbotel, B., Fort, E., Bastuji, H., Franco, P., **Putois, B.**, Mazza, S., Peter-Derex, L. (2020). Academic and professional paths of narcoleptic patients: the NARCOWORK study. *Sleep Medicine*, 65: 96-104
- **Putois, B.**, Peter-Derex, L., Leslie, W., Braboszcz, C., El Hage, W., & Bastuji, H. (2019). Internet-Based Intervention for Posttraumatic Stress Disorder: Using Remote Imagery Rehearsal Therapy to Treat Nightmares. *Psychother Psychosom*, 8: 1-2.
- Franco, P., Challamel, M-J., **Putois, B.**, Konofal, E., Lecendreux M. (2019). *Pédiatrie et Sommeil*. in Dauvilliers, Y. (Eds). Les troubles du sommeil. Paris : Masson, p. 429-458.
- Spruyt, K., Herbillon, V. **Putois, B.**, Franco, P., & Lachaux; J-P (2019). Mind-wandering, or the allocation of attentional resources, is sleep-driven across childhood. *Scientific Reports*, 9, 1–9.
- Duca M, **Putois B**, Toulouse J, Cocco I, Cottone C, et al. (2018) Sleep Disorders and Attention Deficit/Hyperactivity Disorder in Children and Adolescents Presenting Genetic Epilepsies with Typical Absence Seizures: An Observational Study. *J Sleep Med Disord* 5(1): 1089.
- Bat-Pitault, F., Viorrain, M., Da Fonseca, D., Charvin, I., Guignard-Perret, A., **Putois, B.**, Herbillon, V., Gérard, D., Franco, P. (2018). Adolescent sleep disorders associated with school absenteeism: The child and adolescent psychiatrist is often crucial for effective management in sleep consultation. *Encéphale*, S0013-7006(18):30095-2.
- **Putois, B.**, Leslie, W., et al. (2017). The french sleep disturbance scale for children. *Sleep Medicine*, 32 : 56-65.
- **Putois, B.** (2017). *Sommeil et traumatisme : des insomnies et des cauchemars*. in Canini, F. & Garcia, R. ABC des psychotraumas.
- **Putois, B.**, Leslie, W., Franco, P (2015). Insomnia in children: symptoms, diagnosis and therapy. *Advances in Medicine and Biology*, 92, 1-21
- Chapoutot, M., Faivre, T., Leslie, W., & **Putois, B.** (2015). Insomnia in adults: Symptoms, Diagnosis and Therapy. *Advances in Medicine and Biology*, 92, 22-45
- Trousselard, M., Canini, F., Claverie, D., Cungi, C., **Putois, B.**, & Franck, N. (2015). Cardiac coherence training to reduce anxiety in remitted schizophrenia, a pilot study. *Applied Psychophysiology and Biofeedback*.
- **Putois, B.**, Challamel, M-J, & Franco, P. (2015). Le sommeil, cet allié à l'apprentissage. *Revue de santé scolaire et universitaire*, 35, 23-26.
- Challamel, M-J, Da Silva Ribiero, C., Peter-Derex, L., & **Putois, B.** (2014). *Santé et sommeil, une histoire à dormir debout*. Lyon : Fondation April.
- **Putois, B.**, & Franco, P. (2013). Prise en charge des insomnies du jeune enfant. *Médecine Thérapeutique*, 16(2) :97-107.
- **Putois, B.**, Schoendorff, B., & Vincent, J-M. (2011). *Thérapie de l'acceptation et de l'engagement dans la prise en charge de la schizophrénie*. In Heeren, A. & Kostou, I. (Eds.) Pleine conscience et Acceptation: Au

cœur processuel de la troisième vague des thérapies comportementales et cognitives. Bruxelles : DeBoeck.

- **Putois, B.** (2011). *L'utilisation des représentations dans l'étude des relations spatiales visuelles : naissance d'ambiguïté.* in Roy, J-M et al., (Eds.), *Peut-on se passer du concept de représentation en Sciences Cognitives.* Bruxelles : DeBoeck.
- **Putois, B.** (2011). *Les représentations: un mensonge-pour-chercheurs?* in Roy, J-M et al. (Eds.), *Peut-on se passer du concept de représentation en Sciences Cognitives.* Bruxelles : DeBoeck.

MEMBERSHIPS IN SCIENTIFIC SOCIETIES

Société Suisse de TCC	2018-...
Association Française de TCC	2018-...
Fédération Suisse des Psychologues	2017-...
Association Vaudoise des Psychologues.....	2017-...
ABC Psychotraumas	2014-...
Association nationale pour la PROMotion des connaissances sur le SOMmeil	2012-...
Réseau francophone de la thérapie de l'acceptation et de l'engagement (ACT)	2009-12
Cercle des Thérapies Cognitives et Comportementales	2008-11
Fédération nationale des étudiants et jeunes chercheurs en Sciences Cognitives – FRESCO	2004-2011
Association des étudiants et jeunes chercheurs en Sciences Cognitives du Rhône – ESTIGMA	2004