

BSM Consultant Registry Submission

Contact Information

Name Dr. Courtney Worley, Upward Behavioral Health
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About You

Years Practicing BSM 14

Degrees

Ph.D., M.P.H.

Areas of specialization in Sleep (select all that apply)

- adults
- older adults
- veterans
- CBT-I
- CPAP adherence/desensitization
- individual tx
- sleep diary
- IRT
- parasomnias
- Telehealth Only

Type of consultation offered (select all that apply)

- group
- one-on-one
- phone/video

Do you charge a consultation fee?

Yes

About Your Institution or Practice

Name Upward Behavioral Health

Phone Number (205) 983-4063

Address 1952 Urban Center Parkway
Vestavia Hills, Al, 35242
United States

Website Address <https://upwardbehavioralhealth.com/>