

Advanced CBT Workshops

Dates	Topic	Trainers	Time	Credits (LOPSY)	Prerequisites	Level of CBT competence	Modality	Price (\$)
January 15, 2025	CBT for Weight Loss	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, nutritionists, public	Intermediate	Online	45
January 21, 2025	Mastering Cognitive Restructuring Techniques	Haya Saad	5:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, public	Intermediate	Online	35
January 28, 2025	CBT for Common Sexual Dysfunctions	Gielele Saliba	5:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, public	Basic-Intermediate	Online	39
February 13, 2025	CBT for Relationship Problems	Laury Bou Malham	5:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, public	Basic-Intermediate	Online	39
February 25, 2025	CBT for Worry and GAD	Haya Saad	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
March 5, 2025	CBT for Habit Disorders: Skin Picking, Trichotillomania, Nail Biting	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate	Online	45
March 10, 2025	Intro to CBT	Dr. Riachi	5:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, public	Basic	Online	35
April 2, 2025	CBT for Emotional Dysregulation and Impulse Control	Haya Saad	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Basic-Intermediate	Online	45
April 23, 2025	CBT for Narcissistic and Histrionic Personality Disorders	Amanda Habib	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate	Online	39
April 30, 2025	CBT for Anger Management	Patricia Mallah	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Basic-Intermediate	Online	29
May 7, 2025	CBT for Substance Use Disorder	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
May 26, 2025	Intro to DBT Skills and Incorporating DBT Skills with CBT	Dr. Riachi	5:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals	Intermediate - Advanced	Online	55
June 25, 2025	CBT for Social Anxiety	Amanda Habib	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Basic-Intermediate	Online	39
July 3, 2025	CBT for Eating Disorders	Haya Saad	5:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, nutritionists, public	Basic-Intermediate	Online	39
Week 1 of July	All You Need to Know About Psychiatric Meds	Dr. Riachi and International Speaker	6:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, public	Intermediate	Online	25
August 6, 2025	CBT for Self-Esteem	Laury Bou Malham	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate	Online	39
September 17, 2025	CBT for Bipolar Disorder	Haya Saad	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	39
September 24, 2025	CBT for ARFID - Picky Eaters	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 1, 2025	CBT for Suicidality	Haya Saad	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	39
October 14, 2025	CBT for Parent Involvement	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 20, 2025	Common Mistakes New CBT Therapists Make	Dr. Riachi	5:00 PM - 7:00 PM	2 CE credits	Open to CBT therapists and psychologists	Advanced	Online	49
November 4, 2025	Incorporating ACT into CBT	Haya Saad	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	39
Week 2 of November	All You Need to Know About Sleep Disorders	Dr. Riachi and International Speaker	6:00 PM - 7:00 PM	2 CE credits	Open to mental health professionals, public	Intermediate	Online	25
December 9, 2025	CBT for Low Self-Esteem and Affection Seeking Behaviour in Youth	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits	Requirements: CBT Knowledge	Intermediate - Advanced	Online	45

Enroll in several of our advanced CBT workshops at once, and benefit from the following offers:

- 2 workshops: 10% off the total
- 3 workshops: 15% off the total
- 4 workshops: 20% off the total
- 5+ workshops: 25% off the total