

Advanced CBT Workshops

Dates	Topic	Trainers	Time	Program	Prerequisites	Level of CBT competence	Modality	Price (\$)
January 15, 2025	CBT for Weight Loss	Angela Barhouch	5:00 PM - 7:00 PM		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		Open to mental health professionals, public	Intermediate	Online	35
January 28, 2025	CBT for Common Sexual Dysfunctions	Gisele Saliba	5:00 PM - 7:00 PM		Open to mental health professionals, public	Basic-Intermediate	Online	45
February 4, 2025	CBT for GAD	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
February 13, 2025	Relationship Problems	Laury Bou Malham	5:00 PM - 7:00 PM		Open to mental health professionals, public	Basic-Intermediate	Online	39
Week 3 of February	All you need to Know About Psychiatric Meds	Dr. Riachi and International Speaker	6:00 PM - 7:00 PM		Open to mental health professionals, public	Intermediate	Online	25
February 26, 2025	CBT for Personality Disorders	Amanda Habib	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate	Online	39
March 5, 2025	CBT for Habit Disorders	Angela Barhouch	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate	Online	45
March 10, 2025	Intro to CBT	Dr. Riachi	5:00 PM - 7:00 PM		Open to mental health professionals, public	Basic	Online	35
March 18, 2025	CBT for Misophonia	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
April 2, 2025	CBT for Emotional Dysregulation	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Basic-Intermediate	Online	45
April 15, 2025	CBT for Couples	Gisele Saliba	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate	Online	45
April 30, 2025	CBT for Somatoform Disorders	Patricia Mallah	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Basic-Intermediate	Online	39
May 7, 2025	CBT for Substance Use Disorder	Angela Barhouch	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
May 13, 2025	Recovery Oriented CBT	Haya Saad	5:00 PM - 7:00 PM		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		Open to mental health professionals	Intermediate - Advanced	Online	45
June 11, 2025	CBT for Insomnia	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Basic-Intermediate	Online	45
June 18, 2025	CBT for Social Anxiety	Amanda Habib	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Basic-Intermediate	Online	39
Date TBD	CBT for Eating Disorders	Haya Saad	5:00 PM - 7:00 PM	(Part of CBT Pathway I)	Open to mental health professionals, nutritionists, public	Basic-Intermediate	Online	45
Week 1 of July	Common Therapists Mistakes When Working with Trauma	Dr. Riachi and International Speaker	6:00 PM - 7:00 PM		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		Requirements: CBT Knowledge	Intermediate	Online	39
September 17, 2025	CBT for Bipolar Disorder	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
September 24, 2025	CBT for ARFID - Picky Eaters	Angela Barhouch	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 1, 2025	CBT for Suicidality	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 7, 2025	CBT for Anger Management	Patricia Mallah	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Basic-Intermediate	Online	39
October 14, 2025	CBT for Parent Involvement	Angela Barhouch	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 20, 2025	Common Mistakes New CBT Therapists Make	Dr. Riachi	5:00 PM - 7:00 PM		Open to CBT therapists and psychologists	Advanced	Online	55
November 4, 2025	Incorporating ACT Into CBT	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
Week 2 of November	All you need to Know About Sleep Disorders	Dr. Riachi and International Speaker	6:00 PM - 7:00 PM		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		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