

CBT 2- YEAR TRAINING PROGRAMME

Important notes:

- 1- Brainstation has applied for accreditation from LOPSY following their recent establishment of a licensing and accreditation system for CBT training and supervision sites in Lebanon. Brainstation is currently awaiting LOPSY's response.
- 2- Dr. Christina Riachi and Brainstation Clinics cannot be held accountable.
- 3- Please note that some modules, teachings as well as application requirements might be adjusted based on LOPSY's requirements.

Application

Application requirements for the CBT foundation certificate (*part I of the CBT diploma*):

- I. BA in psychology
 - II. Masters' student in psychology (second year)
- OR has finished Masters Courses and awaiting thesis
OR has finished Masters including thesis
OR is a licensed clinical psychologist

Documents required: please send an e-mail to training@brainstation.uk including:

- BA diploma
- BA transcript
- MSc diploma (if you have completed your MSc)
- MSc transcript
- CV
- ID or Passport

To apply, kindly submit the outlined documents via email. After the application is processed, you will receive an email with one of the following outcomes: Accepted, Not accepted, or Interview.



CBT foundation certificate

CBT diploma (Part I):

Most common mental health disorders

- Length: 8 months
- Frequency: Twice per month (2 hours each)
- Mode of supervision: online
- Total Training hours: 101

PART I - THEORY

- 1- INTRODUCTION TO CBT:
 - CBT theory
 - Assessment of a case + *pdf assessment questions*
 - Case formulation + *pdf case formulation*
 - Goal Setting

- 2- ANXIETY DISORDERS
 - Phobias
 - Social anxiety
 - Panic disorder
 - Health anxiety (i.e., illness anxiety disorder)
 - OCD

- 3- MOOD DISORDERS
 - Major Depressive Disorder
 - Suicidality

PART II - PRACTICE

- ROLE PLAYS
- PRACTICAL DAYS
- Recordings (OPTIONAL)

ASSESSMENT:

Students will be required to send a clinical case study:

- assessment sheet/quiz (about recordings)
- case formulation
- treatment plan



Application CBT pathway I-II

After completing the CBT certificate, students have the option to choose either one of the two PG enhanced certificate pathways or they can choose to take both pathways:

PATHWAY 1: CBT for complex cases certificate (check page 4)

PATHWAY 2: CBT for children/adolescents' certificate (check page 5)

IMPORTANT NOTES:

Students cannot choose PATHWAY 1 or PATHWAY 2 unless they have completed the CBT foundation certificate or the equivalent.

Students who choose to complete **BOTH** pathways (I and II) will receive a 25% discount.



CBT pathway I

CBT PATHWAY 1: COMPLEX CASES (enhanced certificate)

- Length: 7 months
- Mode of supervision: ONLINE and Practice sessions LIVE
- Total Training hours: 101

PART I - THEORY

- CBT for core beliefs and introduction to personality disorders
- CBT for self-esteem
- CBT for eating disorders
- CBT for psychosis – schizophrenia
- CBT for trauma and PTSD
- Ending treatment/Relapse management

PART II - PRACTICE

- Case studies
- Recordings
- Role plays

PART III- Dr. Riachi's clinical observations - Lebanese/Arab population

This part will include Dr. Riachi's tips and clinical observations on how to apply and adjust CBT techniques in the Arab/Lebanese setting. These observations are a summary of Dr. Riachi's extensive clinical experience.

- Adjusting CBT to the Lebanese population (assessment/therapy)
- Therapy-interfering behaviors

ASSESSMENT:

Students will be required to send a clinical case study of a complex case:

- assessment sheet
- case formulation
- treatment plan (2000 words)

Students will also be requested to send a short essay (1000 words)



CBT pathway II

CBT PATHWAY 2: Children/Adolescents (enhanced certificate)

- Length: 7 months
- Mode of supervision: ONLINE and Practice sessions LIVE
- Total Training hours: 101

PART I - THEORY

- Adjusting CBT for children/young people (assessment, case formulation, goal setting)
- CBT session structure with parents
- CBT structure with adolescents
- CBT for anxiety disorders: OCD, test anxiety, social anxiety, phobias
- CBT for low self-esteem
- CBT for trauma
- Behavioural Interventions: ADHD, ODD
- How to deal with difficult parents
- Normal anxiety for children

PART II - PRACTICE

- Essay
- Case study
- Role plays

ASSESSMENT:

Students will be required to send a clinical case study of a child or adolescent:

- assessment sheet
- case formulation
- treatment plan (2000 words)

Students will also be requested to send a short essay (1000 words) or to complete a Q&A exam



Supervision

Supervision

- 1- Length: 7 months
- 3- Mode of supervision: individual and group – ONLINE or LIVE
- 4- Total training hours: 54

After completing the CBT certificate and one (or two) CBT pathways – students will need to attend supervision sessions and discuss at least 5 different cases.

ASSESSMENT:

Students will be required to send:

- Clinical recording of a treatment session (if students are licensed psychologists)
- Supervisory report of a completed case of 4000 words



Braincare Opportunity

Upon successful completion of the two-year program and obtaining licensure from LOPSY, you will have the opportunity to join the Braincare team. In this role, you will engage in patient care and benefit from complimentary additional training and supervision.



Workshops

ADVANCED or ADDITIONAL WORKSHOPS

Throughout the CBT diploma, Dr. Riachi and other experienced team members will be providing additional workshops.

You can register for any of these workshops (*unless there is a pre-requisite for a specific workshop, in such case you need to meet the requirement before you can register*).

The fees/dates of these workshops will be announced in due time.

- 1- CBT for bipolar disorder
- 2- CBT for substance use disorder
- 3- CBT for couples
- 4- CBT for attachment problems
- 5- Introduction to Mindfulness-Based CBT
- 6- CBT for weight-loss
- 7- CBT for insomnia
- 8- CBT for emotional dysregulation
- 9- CBT for anger management
- 10- CBT for somatoform disorders
- 11- CBT for habit disorders: skin picking, trichotillomania, nail biting
- 12- CBT for picky eaters and avoidant restrictive food intake disorder ARFID
- 13- Intro to DBT skills and how to incorporate DBT skills with CBT treatment (*pre-requisite: completed CBT diploma*)
- 14- Recovery oriented CBT (new CBT methods) (*pre-requisite: completed CBT diploma*)
- 15- CBT practice (full-day) (*pre-requisite: completed CBT diploma*)
- 16- CBT for personality disorders (*pre-requisite: completed CBT diploma*)

Additional workshops can be delivered based on demand



Final Award

Students who have already obtained their *license from LOPSY* and who successfully complete all the program requirements in addition to the supervision module will be able to receive the CBT diploma. Brainstation Clinics is presently awaiting the guidelines from LOPSY pertaining to the licensing and accreditation system for CBT training and supervision sites in Lebanon in order to apply for accreditation.

