

Cognitive Behavioral Therapy Certificate Program

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Introduction

Cognitive Behaviour Therapy (CBT) is now known to be an effective treatment option for many problems. Historically CBT has emphasized the importance of evidence based practice and sought to promote a philosophy of on-going evaluation of it's models and methods.

The evidence base, short-term nature and economical use of resources have made it attractive to clients, practitioners and service purchasers. Many clinicians have had some exposure to CBT, few have had the opportunity to develop competency.

Cognitive-behavioural course aims to provide a post-qualification training in evidence based cognitive behavioural therapy for adults with many psychological disorders.

The course will be at post-graduate Certificate level or equivalent. Recruitment for the courses will be aimed at post-graduates with trainees drawn from medicine psychiatrists, clinical psychologists, social workers, educational staff & counselors.

The training should ensure that all trainees reach a level of competence that would enable them to obtain the outcomes reported in international standards.

Executive director

Scientific supervisor

Reham Aly

Hisham Ramy

Executive secretary

Safaa Eraky

The EACBT

About us

The Egyptian Association for Cognitive and Behaviour Therapy (EACBT) is a non-profit organization which promotes the scientific study and ethical practice in understanding and changing cognitions and behaviors in applied settings. It is a multidisciplinary association for professionals with an interest in research and the application of established and emerging evidence-based Cognitive and Behaviour Therapies (CBT) to help bring about emotional, cognitive, and behavioural change. It is the national professional body for practitioners and researchers of cognitive and behavioural therapies in Egypt & the Arab World.

The EACBT is operated by an executive committee of dedicated professionals working to achieve our goals & objectives.

Affiliation & Partnership

EACBT is officially registered to the Ministry of Solidarity , number; 5178 and at 28/10/2013.

All EACBT's activities are officially recognized by Ministry of Health.

EACBT is member at British Association of cognitive Behavioral therapy starting from 2016.

EACBT is member at European Association of Behavioural and Cognitive Therapy (EABCT).

EACBT is in the process of being affiliated to other international bodies as International Association of Cognitive Therapy.

Goals & Objectives of CBT Certificate Program

The course will have a cognitive behavioural theoretical base with preference for approaches with the soundest evidence and where cognitive and behavioural techniques are integrated in therapy.

In addition to providing practical intensive and detailed skills training to facilitate skill development to a defined standard of competency, the course aims to increase students' knowledge base of theory and research in CBT, and to promote a critical approach to the subject.

It will aim to equip students to become skilled and creative independent CBT practitioners, and to contribute to the further development of CBT.

The course will provide opportunities for students to develop and demonstrate knowledge, understanding and skills in the following:

1. Demonstrate a systematic knowledge of the principles of CBT and the evidence base for the application of CBT techniques
2. A critical understanding of the theoretical and research evidence for cognitive behaviour models and an ability to evaluate the evidence
3. Practice as "scientist practitioners" advancing their knowledge and understanding and develop new skills to a high level.
4. An ability to sensitively adapt CBT, and ensure equitable access taking into account cultural and social differences and values.
5. CBT conceptualization for psychological disorders
6. Develop CBT specific treatment plans
7. Practice CBT systematically, creatively and with good clinical outcome
8. Deal with complex issues arising in CBT practice.

Objectives:

- a- To develop practical competency in the fundamentals of Cognitive Behaviour Therapy
- b- To develop critical knowledge of the theoretical and research literature of CBT.

Program Description

The Certificate consists of four modules: for a candidate to successfully receive the Certificate he has to complete all four modules.

The **1st module** is a direct learning module:

It consists of four parts, each 4 courses; a basic, advanced & two specific CBT courses for depression and anxiety. All courses of the 1st module will provide for the basic knowledge & scientific basis required relevant to cognitive-behavior therapy. This module provides an approximate 96 hrs of direct teaching & learning.

The **2nd module** is a remote learning module:

All candidates receive a must reading texts which they are expected to finish before completing the Certificate. An online essay & short questions exam are carried out by all candidates. The 2nd module provides an extra 200 hrs of learning for each candidate.

The **3rd module**:

It begins upon completion of the prior modules. This is a direct supervision on practice training. Each candidate is required to work with 8 cases minimum on direct supervision of accredited centers/therapists. A minimum of 100 hrs is required for a candidate to complete this module. Candidates can provide documents of another 100 hrs of training on the field through working in national institutes/centers.

The **4th module**:

Candidates are required to deliver a case write-up and an audiotape of one of the sessions with one of their clients.

Upon completion of all training & documents; candidates are awarded the certificate as a Cognitive Behavioral accredited Therapist.

Prerequisites & Eligibility

Who can enroll into this?

The course is designed for post-graduate learning. All graduates of medicine, psychology, social workers & nursing are eligible. Besides counselors, psychotherapists who can provide for a solid background of psychology & human development are eligible.

Structure & Content

The curriculum outlined below is notionally divided into 4 modules. Each module is dedicated & presents a certain level of expertise necessary for the development of a skilled CBT therapist.

Module 1 Direct Teaching	96 hrs	Course A	Basics	4days	6hrs/d = 24hrs/course
		Course B	Advanced	4days	
		Course C	Depression	4days	
		Course D	Anxiety	4days	
Module 2 Remote Learning	250 hrs		Monthly online test		
Module 3 Supervision & Clinical Practice 200 hrs	200 hrs	Direct Supervision	100 hrs		
		Relevant Supervision	100 hrs		

The 1st module is a Direct Learning module which consists of four intensive 4 days courses (6 hrs/day = 24 hrs/course).

- Course A : Basics & principles of CBT.
- Course B : Advanced CBT.
- Course C : CBT for Depression
- Course D : CBT for Anxiety Disorders

All candidates are expected to attend 75% of each module (18 hrs at least for each module) in order to pass to the next level.

The 2nd Module is a remote Learning. Students are required to complete a reading list (Appendix 1) & expected to pass an online monthly exam. This module can be completed simultaneously while starting the 3rd module.

In the 3rd module, students are required to spend one year of direct clinical supervision, by the end of this year, they should have assessed and treated at least 10 cases under course supervisor supervision. Cases are presented at the end of the Certificate through the standard case summary format. (Appendix 3)

At the end of the program; students applying for accreditation as supervisors will have to present clinical logbooks & accreditation portfolios detailing their clinical work & are required to pass the final program assessment with no less than B+.

Learning Strategy

Program workshops will consist of information giving, role-play, experiential exercises, and video and case demonstrations. Experiential exercises will encourage self-reflection, increase in self-awareness and skill acquisition. Sessions will also incorporate a focus on therapists' beliefs.

The specific Learning and Teaching Strategy can be decided by the training provider, but should incorporate the following:

- Experiential & skills based workshops providing students with a strong foundation in the clinical procedures of CBT, and addressing the most up-to-date research developments
- Skills based competencies will be developed through small group experiential work and role plays in workshops, group supervision by course members and individual/group supervision in the place of work.
- On-going clinical supervision provided by members of the course team and at the place of work
- Self directed study to include general reading for each course and preparatory reading for each session.
- DVD/video library and web based resources will be available in order that students can borrow and study examples of clinical therapy sessions and clinical demonstrations of specific techniques.
- Case management and problem based learning will be facilitated through a combination of course and work-based supervision.
- Didactic, Socratic and experiential teaching methods.



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الجمعية المصرية للعلاج المعرفى السلوكى المشهرة برقم ٥١٧٨ بتاريخ ٢٨/١٠/٢٠١٣
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Assessment

Module 1 assessment:

Regular Participation and 100 % attendance is mandatory & completion of the needed credit hours.

Module 2 assessment:

Written assessment of knowledge of theoretical & literature review.

Module 3 assessment:

Competency will be assessed by a standardized therapy rating scale such as the Cognitive Therapy Scale – Revised **(CTS-R)***.

Module 4 assessment:

By using the case write up directions.

Instructors & Facilitators

This course will be held by distinguished psychiatrists and psychologists where CBT is the field of their expertise.

We have been fortunate to have diversity of national, regional and international.

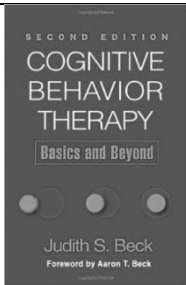
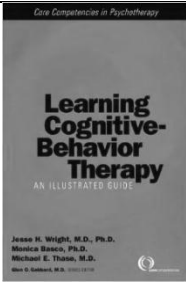

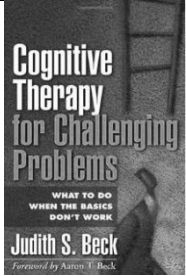
Accreditation

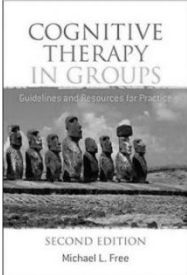
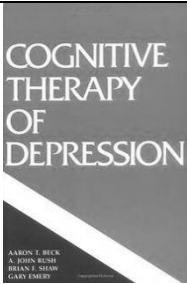
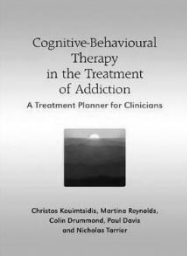
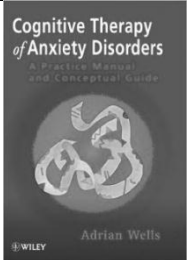
At the end of the certification program, each candidate will submit their portfolio to be formally assessed by the teaching team. This will constitute a pass or fail. For successful completion of the programme, the candidates must demonstrate that by the end of the course they have achieved the following:

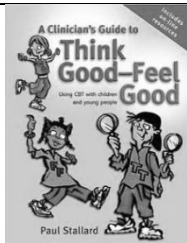
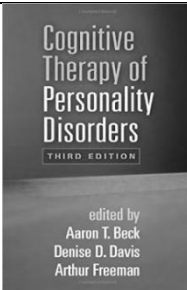

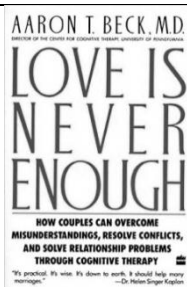
1. Delivered at least 200 hrs of CBT assessment and treatment.
2. Completed treatment with a minimum of 8 clients.
3. Completed assessment reports and treatments with at least 8 clients.
4. Regular ongoing clinical supervision with a CBT therapist who is EACBT accredited or eligible for accreditation
5. Received a minimum of 70 hrs of clinical supervision.
6. On-site supervisor placement reviews and final report
7. Self-rated 6 sessions using CTS-R (or equivalent).
8. To include a brief reflective analysis of session
9. Reflected on at least 5 samples of CBT literature and its application to practice with individual clients
10. Submitted within the Portfolio a reflective analysis of a treatment session including a session recording which is integrated within a case discussion.

Appendix 1

E-learning List

1	COGNITIVE THERAPY: BASICS AND BEYOND	<i>Judith S. Beck</i>	
2	Learning Cognitive-Behavior Therapy: An Illustrated Guide.	<i>Jesse H. Wright, Monica Ramirez Basco, Michael E. Thase</i>	
3	Cognitive Therapy; 100 key points and techniques	<i>Windy Dryden & Michael Neenan</i>	
4	Cognitive Therapy For Challenging Problems: What To Do When The Basics Don't Work	<i>Judith S. Beck</i>	

5	Cognitive Therapy In Groups Guidelines And Resources For Practice.	<i>Michael L. Free</i>	
6	Cognitive Therapy Of Depression	<i>Aaron T. Beck, A. John Rush, Brian F. Shaw, Gary Emery</i>	
7	Cognitive-behavioural Therapy in the Treatment of Addiction : A Treatment Planner for Clinicians	<i>Christos Kouimtsidis , Martina Reynolds , Paul Davis , Louise Sell , Colin Drummond , Nicholas Tarrier</i>	
8	Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide	<i>Adrian Wells</i>	

9	A Clinician's Guide to Think Good – Feel Good	<i>Paul Stallard</i>	
10	Cognitive Therapy Of Personality Disorders	<i>Aaron T.Beck, Arthur Freeman and Denise D Davis.</i>	
11	Cognitive Therapy of Schizophrenia (Guides to Individualized Evidence-Based Treatment)	<i>David G. Kingdon & Douglas Turkington</i>	
12	Love Is Never Enough	<i>Aaron T. Beck</i>	

Appendix 2: Time Table

1 st Year	Module 1 Intensive Courses	Course I	Learning CBT; An Illustrative Guide	Part A	Day 1	11/01/2018	
				Part B	Day 2	12/01/2018	
					Day 3	18/01/2018	
					Day 4	19/01/2018	
		Course II	What to do when the Basics don't work	Part A	Day 1	22/03/2018	
					Day 2	23/03/2018	
				Part B	Day 3	29/03/2018	
					Day 4	30/03/2018	
		Course III	CBT for Depression	Part A	Day 1	03/05/2018	
					Day 2	04/05/2018	
				Part B	Day 3	10/05/2018	
					Day 4	11/05/2018	
		Course IV	CBT for Anxiety Disorders	Part A	Day 1	05/07/2018	
					Day 2	06/07/2018	
				Part B	Day 3	12/07/2018	
					Day 4	13/07/2018	
	Module 2 Remote Learning (Required Reading)	Month	Required reading			Exam	Answers Due
		January	COGNITIVE THERAPY: BASICS AND BEYOND <i>Judith S. Beck</i>			01/02/2018	03/02/2018
		February	Learning Cognitive-Behavior Therapy: An Illustrated Guide. <i>Jesse H. Wright, Monica Ramirez Basco, Michael E. Thase</i>			22/02/2018	24/02/2018
		March	Cognitive Therapy; 100 key points and techniques <i>Windy Dryden & Michael Neenan</i>			05/04/2018	07/04/2018
		April	Cognitive Therapy For Challenging Problems: What To Do When The Basics Don't Work <i>Judith S. Beck</i>			26/4/2018	28/4/2018
		May	Cognitive Therapy In Groups Guidelines And Resources For Practice. <i>Michael L. Free</i>			24/05/2018	26/05/2018
		June	A Clinician's Guide to Think Good – Feel Good <i>Paul Stallard</i>			12/07/2018	14/07/2018

1 st Year	Module 2 Remote Learning (Required Reading)	July	Cognitive-behavioural Therapy in the Treatment of Addiction : A Treatment Planner for Clinicians <i>Christos Kouimtsidis , Martina Reynolds , Paul Davis , Louise Sell , Colin Drummond , Nicholas Tarrier</i>	26/07/2018	28/07/2018
		August	Cognitive Therapy Of Depression <i>Aaron T. Beck, A. John Rush, Brian F. Shaw, Gary Emery</i>	30/08/2018	01/09/2018
		September	Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide <i>Adrian Wells</i>	27/09/2018	29/09/2018
		October	Cognitive Therapy Of Personality Disorders <i>Aaron T.Beck, Arthur Freeman and Denise D Davis.</i>	25/10/2018	27/10/2018
		November	Cognitive Therapy of Schizophrenia (Guides to Individualized Evidence-Based Treatment) <i>David G. Kingdon & Douglas Turkington</i>	29/11/2018	01/12/2018
		December	Love Is Never Enough <i>Aaron T. Beck</i>	27/12/2018	29/12/2018
		2 nd Year	Module 3 Supervisi on & Direct Review	Setting 1	
Setting 2					
Setting 3					
Setting 4					
Module 4 Case write-up & Audiotape					



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