

## 2- YEAR CBT TRAINING PROGRAMME – 2025/2027

The 2-year CBT training programme aims to equip psychologists with the CBT skills necessary to implement evidence-based treatment for the most common psychological disorders as well as more complex disorders. Participants will be trained to apply evidence-based treatments, ensuring that their therapeutic interventions are grounded in the latest scientific research and best practices. The programme emphasises real-world application, providing numerous opportunities for hands-on practice through case studies, role-plays, and supervised clinical practice.

### Application Requirements and Process

The decision-making process for accepting participants is multifaceted. It involves a thorough assessment of several key criteria as well as interview to ensure the suitability of each applicant. These factors include:

- **Qualifications:** The applicant should be a licensed clinical psychologist or a Masters graduate awaiting their license from LOPsy or awaiting their Master's thesis defense.
- **Skills:** Evaluation of the applicant's relevant clinical skills necessary for the programme.
- **Language Proficiency:** Assessment of the applicant's language skills to ensure they can fully engage with the course content.
- **Trainability:** Determination of the applicant's ability to learn and adapt to new concepts and techniques.
- In addition to passing the **oral interview**.

To apply, kindly submit the below documents via e-mail:

Documents required: please send an e-mail to [training@brainstation.uk](mailto:training@brainstation.uk)

BA diploma

BA transcript

MSc diploma

MSc transcript

CV and cover letter

ID or Passport

After the application is processed, you will receive an e-mail with one of the following outcomes: **Accepted or Not accepted**. The maximum number of accepted participants is **20-25**.



## Detailed Programme

- **Total number of training hours:** 700 hours including deliverables, readings and preparation
- **Total number of supervision hours:** 250 hours including practice sessions
- **Program Structure:** **Year 1** – Teaching & Training; **Year 2** – Supervision and Practice
- **Year 1 fee:** \$1,840
- **Year 2 fee:** \$920
- **Participants should follow and be fully supervised for at least 6-8 patients**
- **Exams after Year 1:** Clinical case study (4000 words) and written exams with a passing grade of 70
- **Final Exam:** summary essay (4000 words) and reflection paper (2000 words) with a passing grade of 70, 2 full therapy session recordings with a passing grade of 22 on the CTR-S

### YEAR 1: TRIMESTER I: CBT foundation

This part of the programme offers both theoretical and empirical foundations necessary for the practice of Cognitive Behavioural Therapy (CBT). It also explores the application of CBT in addressing common mental health issues such as anxiety disorders and depression. The training is designed to solidify and expand participants' basic knowledge and skills, with a particular focus on concepts and methods pertinent to specific problem areas.

Topics Covered:

#### a) **Introduction to CBT Theory:**

- a. Basics of CBT and its theoretical underpinnings.
- b. Methods for assessing cases, including identifying key issues and symptoms.
- c. Techniques for case formulation and setting realistic, achievable goals.

#### b) **Anxiety Disorders:**

- a. **Phobias:** Understanding and treating specific phobias.
- b. **Social Anxiety:** Techniques for managing and reducing social anxiety symptoms.
- c. **Panic Disorder:** Approaches for treating panic attacks and preventing future episodes.
- d. **Health Anxiety:** Strategies for addressing excessive health-related worries.
- e. **OCD:** Methods for managing obsessive-compulsive disorder symptoms.



#### c) **Mood Disorders:**

- a. **Major Depressive Disorder:** CBT approaches for treating depression.
- b. **Suicidality:** Identifying risk factors and implementing interventions to reduce suicidal thoughts and behaviours.

Practical Skills Training:

- Role-play and simulation exercises to practice CBT techniques in a supportive environment.
- Application of theoretical knowledge to practical scenarios, reinforcing learning and building confidence in CBT practice.

### **YEAR 1 - TRIMESTER II: CBT Intermediate**

This stage of the program focuses on developing advanced CBT skills, including working with core beliefs, personality disorders, and self-esteem. Additionally, therapists will refine techniques for cognitive restructuring, managing therapy-interfering cycles, and effectively concluding treatment to prevent relapse.

Topics covered:

A) Module I: CBT for Core beliefs

- **CBT for Core Beliefs I:** Identifying and modifying deep-seated beliefs that shape thoughts and behaviors.
- **CBT for Core Beliefs II**
- **CBT for Personality Disorders:** Applying CBT techniques to address maladaptive patterns in personality disorders.
- **CBT for Self-Esteem:** Strategies for building and maintaining a healthier self-concept.

B) Module II: Therapy-Interfering Cycles

- **Mastering Cognitive Restructuring:** Advanced techniques for challenging and changing unhelpful thought patterns.
- **Therapy Interfering Cycles:** Understanding and managing patterns that hinder therapeutic progress.
- **Ending Treatment and Relapse Management:** Strategies for concluding therapy effectively and preventing relapse.

### **Year 1 - TRIMESTER III: CBT Mastery and Specialization**

This trimester provides in-depth training on applying CBT to complex clinical presentations. Therapists will explore interventions for psychosis, bipolar disorder, eating disorders, and trauma, alongside specialized approaches for children, adolescents, couples, and individuals with chronic difficulties. The program also covers comorbid conditions, habit disorders, insomnia, and the role of psychiatric medications in treatment.

Topics covered:

A) Module I: CBT for Psychosis, Bipolar and Eating Disorders

- **CBT for Eating Disorders:** Cognitive-behavioral approaches to



treating disordered eating patterns and body image concerns.

- **CBT for Weight Loss:** Strategies for addressing emotional and behavioral factors influencing weight management.
- **CBT for Psychosis and Schizophrenia:** Techniques for managing symptoms, improving insight, and enhancing daily functioning.
- **CBT for Bipolar Disorder:** Cognitive and behavioral strategies for mood stabilization and relapse prevention.
- **CBT for Trauma and PTSD:** Evidence-based interventions for processing trauma and reducing PTSD symptoms.

B) Module II: CBT for Different Populations

- **Adjusting CBT for Children and Adolescents:** Adapting cognitive-behavioral techniques to suit younger clients' developmental needs.
- **CBT for ADHD/ODD for Children:** Behavioral and cognitive strategies to manage attention deficits and oppositional behaviors.
- **CBT for Anxiety Disorders for Children:** Techniques for helping children recognize and manage anxiety symptoms effectively.
- **CBT for Affection Seeking in Children and Adolescents:** Addressing excessive reassurance-seeking and dependency in young clients.
- **CBT for Couples:** Applying cognitive-behavioral strategies to improve relationship dynamics and communication.

C) Module III: CBT for Comorbidity/Chronic Difficulties

- **CBT for Anger Management:** Techniques for recognizing triggers, regulating emotions, and responding constructively.
- **CBT for Substance Use:** Cognitive-behavioral approaches to reducing cravings, preventing relapse, and fostering recovery.
- **CBT for Emotional Dysregulation and DBT Skills:** Integrating cognitive and dialectical behavior therapy techniques for emotion regulation.
- **CBT for Insomnia:** Evidence-based strategies for improving sleep patterns and addressing cognitive factors affecting rest.
- **CBT for Habit Disorders:** Behavioral interventions for reducing problematic habits and compulsive behaviors.
- **Psychiatric Meds:** Understanding the role, benefits, and limitations of medication in mental health treatment.

EXAMS after Year 1



## **YEAR 2: SUPERVISION**

After successfully completing the CBT foundation, CBT Intermediate and CBT Mastery and Specialization, students are required to participate in supervision sessions to discuss their practical experiences and case studies.

### **Supervision and Practice Sessions:**

- **Duration:** Monthly sessions for a period of 1 year.
- **Modality:** every month
  - 2.5 - 3 hours of Live/Online Practice Sessions (whole group)
  - 1.5 - 3 hours of Online Supervision (small groups)

### **Case Discussions:**

- **Requirement:** Students must discuss at least 6-8 different cases.
- **Purpose:** These discussions are designed to:
  - Provide practical feedback and guidance on real-life cases.
  - Ensure students are applying CBT techniques effectively.
  - Offer support and troubleshooting for challenging cases.
  - Enhance clinical skills through reflective practice and peer learning.

### **Goals of Supervision:**

- **Skill Enhancement:** To improve and refine therapeutic techniques.
- **Professional Development:** To support ongoing learning and professional growth.
- **Quality Assurance:** To maintain high standards of clinical practice.
- **Ethical Practice:** To ensure adherence to ethical guidelines and best practices in CBT.

### **Feedback and Evaluation:**

- Supervisors provide constructive feedback on case formulations, interventions, and outcomes and on session recordings.
- Students receive evaluations based on their performance and progress throughout the supervision period.
- **Students should complete 2 recordings with a minimum score of 22 on the CTR-S (Cognitive Therapy Rating Scale)**

**This supervision component is crucial for consolidating the knowledge gained during the training programme and ensuring that therapists are well-prepared to handle a variety of clinical scenarios in their practice.**



### Final Award

Students who have already obtained their license from LOPSY and who successfully complete all the programme requirements in addition to the 1-year supervision module will be able to receive the CBT certificate to qualify as CBT therapists.

