

Advanced CBT Trainings and Workshops

Dates	Topic	Trainers	Time	Program	Prerequisites	Level of CBT competence	Modality	Price (\$)
February 7, 2024	CBT for Insomnia	Haya Saad	5:00 PM - 7:00 PM		Open to mental health professionals, public	Basic	Online	45
February 12, 2024	Intro to CBT	Dr. Riachy	5:00 PM - 7:00 PM		Open to mental health professionals, public	Basic	Online	35
March 5, 2024	CBT for Picky Eaters and Avoidant Restrictive Food Intake Disorder	Angela Barhouch	5:00 PM - 7:00 PM		Open to mental health professionals, nutritionists, public	Basic-Intermediate	Online	45
March 12, 2024	CBT for Emotional Dysregulation	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
April 15, 2024	Intro to DBT Skills & How to incorporate DBT Skills with CBT	Dr. Riachy	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	55
April 23, 2024	CBT for GAD	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
May 8, 2024	CBT for Attachment problems	Laury Bou Malham	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate	Online	39
May 22, 2024	CBT for Substance Use Disorder	Angela Barhouch	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate	Online	45
May 27, 2024	Most Common Mistakes New Therapists Make	Dr. Riachy	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	55
June 12, 2024	CBT for Phobias	Patricia Mallah	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Basic-Intermediate	Online	29
June 27, 2024	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	Online	45
July 3, 2024	CBT for Personality Disorders - Advanced Skills	Dr. Riachy	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	55
July 16, 2024	CBT for Common Sexual Dysfunctions	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
August 6, 2024	CBT for Misophonia	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
August 13, 2024	Intro to CBT	Laury Bou Malham	5:00 PM - 7:00 PM		Open to mental health professionals, public	Basic	Online	39
August 21, 2024	CBT for Habit Disorders: Skin Picking, Trichotillomania, Nail Biting	Angela Barhouch	5:00 PM - 7:00 PM		Open to mental health professionals	Basic-Intermediate	Online	45
September 5, 2024	CBT for Social Anxiety	Laury Bou Malham	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Basic-Intermediate	Online	29
September 18, 2024	CBT for Bipolar Disorder	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 8, 2024	CBT for Emotional Dysregulation	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 16, 2024	CBT for Suicidality	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
October 28, 2024	CBT for Weight Loss	Angela Barhouch	5:00 PM - 7:00 PM		Open to mental health professionals, nutritionists, public	Basic-Intermediate	Online	45
November 13, 2024	Acceptance and Commitment Therapy	Haya Saad	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
November 25, 2024	CBT for Somatoform Disorders	Patricia Mallah	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate	Online	39
December 2, 2024	CBT for Couples	Dr. Riachy	5:00 PM - 7:00 PM		Requirements: CBT Certificate	Intermediate - Advanced	Online	55
December 16, 2024	CBT for Anger Management	Patricia Mallah	5:00 PM - 7:00 PM		Requirements: CBT Knowledge	Intermediate - Advanced	Online	39

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