

Advanced CBT Workshops

Dates	Topic	Trainer	Time	Credits (LOPSY)	Part of Program	Prerequisites	Level of CBT competence	Modality	Price (\$)
January 15, 2025	CBT for Weight Loss	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits		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	2 CE credits		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	2 CE credits		Open to mental health professionals, public	Basic-Intermediate	Online	39
February 13, 2025	CBT for Relationship Problems	Laury Bou Malham	5:00 PM - 7:00 PM	2 CE credits		Open to mental health professionals, public	Basic-Intermediate	Online	39
February 25, 2025	CBT for Worry and GAD	Haya Saad	5:00 PM - 7:00 PM	2 CE credits		Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
March 5, 2025	CBT for Habit Disorders: Skin Picking, Trichotillomania, Nail Biting	Angela Barhouch	5:00 PM - 7:00 PM	2 CE credits		Requirements: CBT Knowledge	Intermediate	Online	45
March 10, 2025	Intro to CBT	Dr. Riachi	5:00 PM - 7:00 PM	2 CE credits		Open to mental health professionals, public	Basic	Online	35
April 30, 2025	CBT for Personality Disorders	Laury Bou Malham	5:00 PM - 7:00 PM	2 CE credits	CBT Intermediate	Requirements: CBT Knowledge	Intermediate	Online	39
May 2, 2025	CBT for Self-Esteem	Laury Bou Malham	5:00 PM - 7:00 PM	2 CE credits	CBT Intermediate	Requirements: CBT Knowledge	Intermediate	Online	39
May 26, 2025	CBT for Eating Disorders	Rawane Hamze	5:00 PM - 7:00 PM	2 CE credits	CBT Specialty	Open to mental health professionals, nutritionists, public	Intermediate - Advanced	Online	40
May 27, 2025	CBT for Weight Loss	Rawane Hamze	5:00 PM - 7:00 PM		CBT Specialty	Open to mental health professionals, nutritionists, public	Intermediate - Advanced	Online	40
June 24, 2025	CBT for ADHD/ODD for Children	Laury Bou Malham	5:00 PM - 7:00 PM		CBT Specialty	Requirements: CBT Knowledge	Intermediate - Advanced	Online	40
June 27, 2025	CBT for Couples	Dr. Riachi	5:00 PM - 7:00 PM		CBT Specialty	Requirements: CBT Knowledge	Intermediate - Advanced	Online	40
July 14, 2025	CBT for Anger Management	Marie-Adele Saliba	5:00 PM - 7:00 PM	2 CE credits	CBT Specialty	Requirements: CBT Knowledge	Intermediate - Advanced	Online	40
July 15, 2025	CBT for Substance Use Disorder	Riwa Mobader	5:00 PM - 7:00 PM	2 CE credits	CBT Specialty	Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
July 16, 2025	CBT for Emotional Dysregulation and DBT Skills	Riwa Mobader	5:00 PM - 7:00 PM	2 CE credits	CBT Specialty	Requirements: CBT Knowledge	Intermediate - Advanced	Online	45
July 17, 2025	CBT for Insomnia	Marie-Adele Saliba	5:00 PM - 7:00 PM	2 CE credits	CBT Specialty	Open to mental health professionals	Intermediate - Advanced	Online	40
July 18, 2025	CBT for Habit Disorders	Laury Bou Malham	5:00 PM - 7:00 PM		CBT Specialty	Requirements: CBT Knowledge	Intermediate - Advanced	Online	40
July 24, 2025	All You Need to Know About Psychiatric Meds	Dr. Iyad Heja	5:00 PM - 6:30 PM		CBT Specialty	Open to mental health professionals	Basic-Intermediate	Online	25
November 10, 2025	CBT for Social Anxiety	Dr. Riachi	5:00 PM - 7:00 PM	Pending	CBT Foundation	Requirements: CBT Knowledge	Basic-Intermediate	Online	TBD
November 11, 2025	CBT for Panic Disorder	Dr. Riachi	5:00 PM - 7:00 PM	Pending	CBT Foundation	Requirements: CBT Knowledge	Basic-Intermediate	Online	TBD
November 12, 2025	CBT for Health Anxiety	Dr. Riachi	5:00 PM - 7:00 PM	Pending	CBT Foundation	Requirements: CBT Knowledge	Basic-Intermediate	Online	TBD
November 13, 2025	CBT for OCD	Dr. Riachi	5:00 PM - 7:00 PM	Pending	CBT Foundation	Open to mental health professionals, public	Basic-Intermediate	Online	TBD

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