

Cognitive Behavioural Therapy (CBT) Training Programme

Programme Overview

This training programme has been designed in strict alignment with the LOPsy Guidelines (adjusted in August 2025) for the Obtainment of the Title of Psychotherapist. It combines a rigorous scientific curriculum with detailed module-based instruction, ensuring comprehensive preparation for accreditation. The programme equips psychologists with theoretical knowledge, clinical competence, ethical awareness, and professional development to qualify as accredited CBT therapists in Lebanon.

Please note that this program is currently undergoing the accreditation process with LOPsy. Official confirmation of accreditation will be communicated upon completion of this process. Notably, several of our previous participants have successfully attained official accreditation as CBT therapists in Lebanon, reflecting the program's alignment with professional standards.

How to Apply

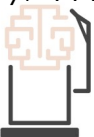
Requirements

1. Applicants must be one of the following:
 - A licensed clinical psychologist
 - A Master's graduate awaiting licensing from LOPsy
 - A Master's student who has completed coursework and is awaiting thesis submission
 - A Master's student who is in the process of completing their final Master's year
2. From Year 2 onward, applicants must have access to patients in order to complete the required supervised clinical work.
3. Applicants must demonstrate a good command of English.

Application Process

To apply, please send the following documents by e-mail to **trainingbrainstation@gmail.com**:

1. Bachelor's degree diploma
2. Bachelor's degree transcript
3. Master's degree diploma (if applicable)
4. Master's degree transcript (if applicable)
5. Curriculum Vitae (CV)
6. Cover Letter (optional)
7. A valid ID or Passport



Once your application is reviewed, you will receive an e-mail with one of the following outcomes:

- **Accepted**
- **Interview required**
- **Not accepted**

Programme Structure

Total Duration: 3 years, 1100 hours

Total Hours Distribution:

- Didactic/Theoretical Coursework: 400 hours
- Clinical Practice (Direct Client Work): 400 hours
- Supervision: 250 hours (50 individual, 200 group)
- Personal Development/Self-Reflection: 50 hours

Programme Fees

- Year 1: \$1,840
- Year 2: \$920
- Year 3: \$920

Programme Modality

Programme delivery: The programme will be delivered primarily online. Please note that some teaching sessions and group supervision may be held live. In Year 2, a live exam may also be required. All such arrangements will be announced in advance.

- **Year 1:** Online workshops held after 5:00 pm, for four consecutive days each month.
- **Year 2:** Two sessions per month, consisting of either afternoon online or live practice sessions (after 5:00 pm) and small-group online supervision (scheduled according to each group's availability)
- **Year 3:** Monthly online individual supervision sessions, scheduled directly with the student.



Didactic / Theoretical Coursework (400 hours)

The didactic teaching is divided across Years 1 and 2 and structured into three progressive trimesters, each focusing on increasingly complex applications of CBT. Coursework covers the following:

- Foundations of CBT theory and historical context
- Psychopathology and differential diagnosis
- Case formulation, assessment, and treatment planning
- CBT for anxiety disorders: phobias, panic disorder, social anxiety, health anxiety, OCD
- CBT for mood disorders: depression, suicidality, relapse prevention
- CBT for core beliefs, schemas, and self-esteem
- CBT for therapy-interfering cycles and advanced cognitive restructuring
- Specialized CBT applications: trauma and PTSD, psychosis, bipolar disorder, eating disorders, insomnia, substance use
- CBT for different populations: children, adolescents, couples, families
- CBT for comorbidity and chronic difficulties (anger, emotional dysregulation, DBT integration, habit disorders)
- Ethics, confidentiality, and legal responsibilities in psychotherapy
- Cultural adaptation of CBT to the Lebanese context
- Research literacy and integration of evidence-based practice into therapy

Clinical Practice (400 hours)

Students complete at least 400 hours of direct client work under the auspices of the training programme. Requirements include:

- Completion of at least 8 distinct client cases from assessment to termination
- At least 4 cases will be closely supervised with intensive review of recordings
- Coverage of at least 4 categories of clinical problems
- Documentation of case conceptualizations, treatment plans, and outcome evaluations
- Integration of outcome monitoring and ethical adherence to informed consent and confidentiality

Supervision (250 hours)

Supervision is structured to ensure competence, fidelity to CBT models, and adherence to ethical practice. It includes 200 hours of group supervision and 50 hours of individual supervision.

Content of supervision:

- Case conceptualization and application of CBT protocols
- Ethical and professional decision-making
- Live and recorded session review with structured feedback



- CTR-S ratings of competence
- Development of reflective practice and professional identity

Personal Development (50 hours)

Students complete 50 hours of personal development, which may include structured self-reflection, self-practice of CBT techniques, or personal therapy. The purpose is to enhance therapist self-awareness, ethical conduct, and resilience.

Programme Progression by Year

Year 1 – Foundations, Intermediate, and Mastery (Didactic & Early Clinical Practice)

Trimester I – Foundations:

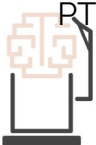
- Introduction to CBT theory, assessment, and formulation: covering core principles, case assessment, and techniques for formulation and goal setting.
- CBT for anxiety and depression: understanding, managing, and treating phobias, social anxiety, panic disorder, health anxiety, OCD, major depressive disorder, and suicidality.
- Role-play and simulation-based skills training: practicing CBT techniques through simulated scenarios to reinforce learning and build confidence.

Trimester II – Intermediate:

- CBT for core beliefs, schemas, and personality disorders: CBT for core beliefs, schemas, and personality disorders: focusing on modifying deep-seated beliefs, addressing maladaptive personality patterns, and enhancing self-esteem.
- Advanced cognitive restructuring: techniques for effectively challenging and modifying unhelpful thought patterns.
- Managing therapy-interfering cycles: identifying and addressing patterns that hinder therapeutic progress.
- Ending treatment and relapse prevention: Strategies for concluding therapy effectively and preventing relapse.

Trimester III – Mastery & Specialization:

- CBT for psychosis, bipolar disorder, eating disorders, and trauma: applying cognitive-behavioral strategies to address disordered eating and weight management, manage psychosis and schizophrenia, stabilize mood in bipolar disorder, and treat trauma and PTSD.



- CBT for children, adolescents, and couples: adapting cognitive-behavioral techniques to address developmental needs, ADHD/ODD, anxiety, affection-seeking in young clients, and relationship dynamics in couples.
- CBT for comorbidity and chronic issues: applying cognitive-behavioral strategies to manage anger, substance use, emotional dysregulation, insomnia, and habit disorders.
- Understanding psychiatric medications and multidisciplinary collaboration: learning the role, benefits, and limitations of medications in mental health care.

Exams year 1: 2,000-word essay and Q&A – pass mark 70%

Year 2 – Supervision and Applied Clinical Practice

- Monthly individual and group supervision sessions
- Completion of at least 4 client cases with detailed documentation and outcome monitoring
- Advanced modules: relapse prevention, specialized populations, cultural adaptation

Exams year 2:

4,000-word summary case study + 2,000-word personal reflection

Therapy session recordings CTR-S or Live demonstration exam

Year 3 – Individual Supervision, Specialization, and Personal Development

- Focus on advanced and specialized applications of CBT (trauma, psychosis, comorbidities)
- Continued clinical practice (minimum 4 additional cases)
- Emphasis on personal development and reflective practice
- Consolidation of skills through individual supervision

Final exam:

Thesis, supervisor ratings, and live observation

Assessment & Evaluation

Assessment is continuous and multi-dimensional, ensuring both clinical competence and academic achievement. It includes supervisor evaluations, written exams, essays, reflective work, CTR-S ratings of recorded sessions, and structured case studies. Minimum pass mark for all evaluations is 70% and CTR-S 48/72

Final Award

Students who successfully complete the programme, including coursework, clinical practice, supervision, and personal development, who finished the LOPSy's early career program (if applicable) and who meet LOPSy licensing requirements, will be awarded the Certificate in Cognitive Behavioural Therapy, qualifying them as accredited CBT therapists under LOPSy.

