



مجمع التجديد و التحفيز الطبى
Renewal & Reward Center

International Partnership CBT Training Program



الهيئة السعودية للتخصصات الصحية
Saudi Commission for Health Specialties
(AC1000037)

Overview

The Renewal and Reward Center (RRC), a specialized mental health center in the eastern province of Saudi Arabia, and the Academy of Cognitive and Behavioural Therapies (A-CBT), an internationally recognized CBT certifying body since 1998 in the United States, are pleased to announce the unique opportunity for a part-time CBT training program for mental health professionals

This collaboration will facilitate learning CBT from an international and local pioneer in the field. And increasing the availability of specialized CBT cadres in the community with certification from the Academy of Cognitive and Behavioral Therapies upon completion of certification requirements

Description of the program

The training program will be conducted by CBT-leading voices through blended learning environments. The program features a training in CBT therapy clinic Led by A-CBT trainer consultant **Dr. Haifa Algahtani**. In addition to theoretical and practical modules, CBT clinic and supervision

The program is part-time for 6 months

Program component

1

**Online
Course**

2

Workshop

3

**CBT
Clinic
in person**

4

**Group
supervision**

Objectives of the program

By the end of the training program, each trainee will have achieved the cognitive Proficiency and demonstrated adequate skills in applying the CBT model competently and independently as measured by:

- **Direct Supervision**
- **Acceptable scores on clinical cases (CTRS)**
- **Case formulation (CRRS)**

A-CBT Consultant Trainers

- **Dr. Haifa Mohammad Algahtani, FRCP**
- **Dr. Stephen G. Hofmann, PhD**
- **Dr. Jacqueline B. Persons, PhD**
- **Dr. Stephen J. F. Holland Psy.D**
- **Dr. Lata K. McGinn, PhD**
- **Dr. Steven D. Hollon Ph.D**

Targeted Audience

Doctors/
Psychiatrists

Psychologists/
counsellors

Social
Workers

Application Requirements

1

Applicants should be working and have cases to apply CBT

2

Applicants should submit an updated CV, copy of their license or classification

3

The ability to fund the costs of training and supervision

4

Commitment to completing all program units.

Evaluation Criteria to pass The Program

Completing all Program components

Theoretical test

Practical test

6 months worth of clinical practice with cognitive therapy in a clinical environment and following 4-8 patients with depressions and variety of anxiety disorders

Submitting one audio recorded CBT session to supervisor and Scoring 40 on the Cognitive Therapy Rating Scale (CTRS)

Completing one case formulation with score of at least 20 out of 24 on the Case Review Rating Scale(CRRS)

Evaluation criteria for Certification

To Qualify for Receiving CBT Diplomat certificate By A-CBT each participant has to

- 1. Complete and pass the training program
- 2. Submit to the Academy
 - one audio recorded CBT session and Scoring 40 on the Cognitive Therapy Rating Scale (CTRS)
 - one case formulation on with score of at least 20 out of 24 on the Case Review Rating Scale(CRRS)

To Register for the program



Details and Fees of the program will be shared with accepted candidates

**Registration is open until
25 December 2024**

Contact information



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Renewal_Reward



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