



**ADVANCED STUDY 2020: INTENSIVE TRAINING in COGNITIVE BEHAVIOURAL THERAPY (CBT)**

**PART 1: Diploma in CBT and the Psychology of Depression, Grieving & Loss; using CBT & Hypnotherapy as complementary psychotherapeutic modalities. (3½-days total with 28 hours of CEU credits for CPD)**

**PART 2: Diploma in Eating Disorders and OCD; CBT & Hypnotherapy as complementary psychotherapeutic modalities. (1½ days total with 12 hours of CEU credits for CPD) TOTAL of 40 hours of CPD credits**

The course will be run on the Thursday evening, Friday and Saturday of the following weekends:

Thu 12<sup>th</sup> (6.00 – 9.00pm) and Fri 13<sup>th</sup> – Sat 14<sup>th</sup> March 2020 (9am – 6pm)

Thu 19<sup>th</sup> - Sat 21<sup>st</sup> March 2020 (same timings as above) **DUBAI: Venue to be confirmed.**

**Course Description:**

**PART 1: Diploma in CBT and the Psychology of Depression, Grieving & Loss; using CBT & Hypnotherapy as complementary psychotherapeutic modalities. (3½-days total)**

This short intensive course has UK accreditation and is suitable for mental health professionals and others with relevant backgrounds/experience who wish to learn and apply the basic principles and practices of CBT along with other modalities. Contact the Course Leader if in doubt as to your eligibility. Those who wish to obtain an additional qualification, i.e. the Diploma in CBT with the Psychology of Depression, Grieving and Loss, can do so by taking and passing the post-course exam at the required standard (ccredited by Dr David Kato, ACHE, APHP, and the Open College, UK), and payment of an exam marking and certification fee (AED 300).

CBT has become increasingly popular with clinicians and the general public alike over recent years and it was the therapy recommended as a replacement for most drug-based therapy in the highly influential Depression Report published by the London School of Economics in 2006. The Report recommended a radical shift in health policy, away from prescription medications and towards the provision of “short, effective, evidence-based psychological therapies” that help people to build on the positive side of their personalities, particularly CBT. These recommendation were strongly endorsed by the U.K.’s National Institute for Health and Clinical Excellence (NICE), the Mental Health Foundation, the American Psychiatric Association (APA), and many other organisations dedicated to improving mental health, including: MIND, Rethink, the Sainsbury Centre for Mental Health, Young Minds. CBT has become a favourite choice of care with companies and health services looking for cost-effective alternatives to traditional psychotherapy. Its popularity is partly because of its common sense and clear principles, and also because the short, structured nature of the treatment makes it particularly amenable to empirical investigation, and it has accumulated an impressive research base.

The government responded favourably to these recommendations at the time and, following the success of pilot projects in 2007, National Health Service policy has been steadily shifting towards the implementation of this new approach. For political and economic reasons progress has been slow but even if funding is increased, there is the problem that there is a shortage of suitably trained and qualified therapists to meet the increasing demand.

Studies indicate that CBT is superior to anti-depressants, and has even been shown to be an effective treatment for schizophrenic patients in clinical settings. It is not surprising that CBT is now included in most treatment guidelines for a variety of psychiatric conditions.

GPs are encouraging their patients to seek help from CBT therapists because of its evidence-based results. CBT has been proved to gain superior outcomes, as compared with other talk-based therapeutic approaches, with fast results in the short-term, and often with long-lasting benefits. In this respect, CBT, like hypnotherapy, can be accurately described as a form of 'brief therapy'.

Many studies have demonstrated that when combined with hypnotherapy, the success rates are even higher, so this short intensive course covers the key principles and methods of CBT and how it can be combined with hypnotherapy as 'Hypno-CBT' to achieve better outcomes with clients who present with depression, grieving and loss, and how a combination of both approaches can be beneficial for clients. It includes an introduction to mindfulness and alternative views of the process of dying and death from the perspective of Eastern and Buddhist Psychology, which are increasingly influential in the latest versions of CBT, such as Dialectical Behavioural Therapy (DBT) and Mindfulness-based CBT.

**PART 2: Diploma in Eating Disorders and OCD; using CBT & Hypnotherapy as complementary psychotherapeutic modalities. (1½ days total)**

'Anorexia Nervosa', 'Bulimia' and other 'Eating Disorders' present different 'symptoms', but all have some commonalities, which they also share with 'OCD'. This course was created to provide information that would be useful to therapists and others in the helping professions and thus promote understanding, awareness and knowledge in order to enable participants to provide more effective therapeutic support for clients who seek their professional assistance.

Whilst Transformations Institute's mission and ethos is to promote holistic and client-centred modalities through the medium of applied positive psychology, in this course we use the standard terms, references and labels, that are used currently within the medical profession and are included the latest 'Diagnostic and Statistical Manual Version V' (DSM-V), 2013, so that participants can become familiar with the current and prevalent model of mental health, although we regard this model as fundamentally flawed. It regards, diagnoses and seeks to treat emotional and mental health as though these were the same as physical illnesses and medical conditions. In fact, there is no scientific or empirical basis for this model, however, we take a pragmatic view and seek to work collaboratively wherever possible with medical professionals at the same time as promoting awareness of the rapidly developing field of evidence-based positive psychology and neuroscience and the newly emerging disciplines of psychoneuroimmunology and epigenetics that explore holistic and cross-disciplinary approaches.

It is our intention to encourage the use of the two most effective therapeutic modalities in terms of evidence-based psychological therapies, i.e. CBT and clinical hypnotherapy, by those who work with clients exhibiting these behaviours. However, it is not our intention to exclude the use of any other holistic and safe modalities and approaches, many of which work very effectively in combination with CBT and hypnotherapy.

Those who wish to obtain an additional qualification, i.e. the Diploma in Eating Disorders and OCD can do so by taking and passing the post-course exam at the required standard (which is accredited by Dr David Kato, ACHE, APHP, and the Open College, UK), and payment of an additional exam marking and certification fee (which will be AED 150).

The standard fee for the combined two-part intensive CBT course is AED 6,900 (AED 6,450 for those who do not wish to submit the exams for the additional qualifications)

Earlybirds: Register and pay by January 1st (subject to availability of places) and save AED 1,000, pay just AED 5,900 (AED 5,450 for those who do not wish to submit the exams for the additional qualifications).

To apply, complete the Application Form and subject to acceptance and payment of the appropriate fee, your place will be guaranteed.



Dr Leila Edwards, Course Leader

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