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**ADVANCED STUDY 2024: INTENSIVE ONLINE TRAINING in COGNITIVE BEHAVIOURAL THERAPY (CBT)**

**PART 1: CBT and the Psychology of Depression**

**PART 2: Grieving & Loss & an introduction to the perspective of Mindfulness & Buddhist Psychology on death.**

**The course will cover the development and applications of the modality of CBT and its variants as an effective and evidence-based stand-alone therapy as well as considering how it can be enhanced by integrating this approach with other complementary psychotherapeutic modalities, including: applied positive psychology, hypnotherapy, therapeutic NLP, client-centre counselling, etc.**

**Transformations Institute will confirm a total of 40 hours of CEU Credits to participants who complete both modules and the study assignments set, and pass the post-course exam paper at the required level. This UK-accredited Diploma is approved for CPD purposes at Level 5+ by a number of professional associations and bodies, including: the National Council of Integrative Psychotherapists (NCIP), the Association for Professional Hypnosis and Psychotherapy (APHP), the National Register of Psychotherapists & Counsellors (NRPC), and the Open College (UK). The course carries 40 CEU credits for CPD purposes.**

The next course will be run live online on both Friday and Saturday of the following weekends:

**April 2024 on Sat 27th – Sun 28th and May Sat 11th – Sun 12th - (daily from 11am – 7pm UAE/GST on all dates)**

**Course Description:**

This short intensive course is ideal for continuing professional development (CPD) and has UK accreditation at Level 5+, based on the requirements of the UK Professional Standards Authority (PSA). It is suitable for mental health and well-being professionals and others with relevant backgrounds/experience, carrying 40 CEU credits for CPD purposes.

The UK-accredited Diploma in CBT with the Psychology of Depression, Grieving and Loss is awarded after completing the course and passing the post-course exam at the required standard. The course fee is inclusive of comprehensive materials as well as exam marking and certification.

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, and Young Minds. CBT has become a favourite choice of care with companies and health services in insurance providers looking for cost-effective alternatives to lengthy 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 more complex mental health difficulties, including 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’.

A number of 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 other modalities, particularly hypnotherapy as ‘Hypno-CBT’ or Cognitive Behavioural Hypnotherapy (CBH), 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. The course 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.

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 sound 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 endorse holistic and cross-disciplinary approaches.

It is our intention to encourage the use of the most effective therapeutic modalities in terms of evidence-based psychological therapies, all based on the principles of positive client-centred psychotherapy and counselling. These therapies are mainly CBT and Clinical Hypnotherapy, enhanced by the therapeutic applications of Neuro-Linguistic Programming (NLP), designed for professionals who work with clients seeking effective support. 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 the core modalities we teach. We also incorporate energy psychology/meridian therapies, such as Emotional Freedom Techniques (EFT), into our work, which is integrative.

The standard fee for this intensive CBT Diploma course is **AED 3,900** / **GBP £835**

**EARLYBIRD OFFER:** Register and pay by **31st March 2024** to qualify for a special discount of AED 400 and you’ll pay just **AED 3,500 / GBP £750.** The fee includes extensive written materials, slides, links to a comprehensive range of videos, audio material and supporting references, downloadable copies of the recordings of the live online sessions, and the exam and certification fee. **A minimum deposit of AED 1,500 / GBP £350 is required to reserve your place with the balance of AED 2,000 / GBP £d400 due by 31st  March at the latest.**

If you wish to check for your eligibility, contact me and/or request an Application Form and subject to acceptance and payment of the appropriate fee, your place will be guaranteed. **NB: Places are limited to ensure personal attention.**



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