



INTENSIVE ONLINE UK-ACCREDITED TRAINING in COGNITIVE BEHAVIOURAL THERAPY (CBT)

PART 1: CBT and the Psychology of Depression

PART 2: Grieving & Loss and an introduction to the perspective of Buddhist Psychology on loss and 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.

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 by a number of professional associations and bodies, including: the National and International Council of Integrative Psychotherapists (NCIP/ICIP), the Association for Professional Hypnosis and Psychotherapy (APHP), the National Register of Psychotherapists & Counsellors (NRPC), and the Open College (UK).

DATES FOR THE NEXT COURSE T.B.A. Please ask for details

Courses usually run on Saturdays-Sundays over two alternate weekend from 11am – 7pm UAE/GST timings.

Course Description:

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.

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 includes the exam and certification fee. A detailed curriculum is available on request from the Course Leader.

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 recommendations 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 patients with more severe mental health conditions in clinical settings, including those assessed as schizophrenic, borderline personality disorder, bi-polar, etc. 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 usually with long-lasting benefits. In this respect, CBT, like hypnotherapy, can be accurately described as a form of effective 'brief therapy'.

Many studies have demonstrated that when combined with clinical 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. The course also incorporates techniques and provides references to other modalities that complement CBT, such as therapeutic NLP, somatic and mind-body approaches. 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 (MBCT).

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, epigenetics, orthomolecular and functional medicine, that explore 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.

The standard fee for this intensive CBT Diploma course is **AED 3,900** with a generous discount for **EARLYBIRDS** who register by a due date and get a special discount of AED 400 and pay just **AED 3,500**. The course fee includes extensive materials, slides, links to a comprehensive range of videos, audio material and supporting references, and downloadable copies of the recordings of the live online sessions.

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.



Dr Leila Edwards

Course Leader & Principal of Transformations Institute

drleila@transforminst.com

Mobile/SMS/Whatsapp: 00212 (0) 771 099 501 UK: 0044 (0) 1225 (01225 294 220 and 0044 (0) 7838 905 538

UAE Office: +971 (4) 401 8515