



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 online courses, workshops, and group consultations.

The program is part-time for 8 weeks

## Program component

1

**Online  
Course**

2

**Workshop**

3

**Group  
Consultations**

## 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:

- 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

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**

**Submit one audio-recorded CBT session with an English transcript, scoring 40 or above on the Cognitive Therapy Rating Scale (CTRS).**

**Complete one English case write-up with a matching diagram, scoring 20 or above 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. All of the following must be submitted to the Academy of Cognitive and Behavioral Therapies (A-CBT) through the A-CBT secure website:
  - One audio-recorded CBT session with an English transcript, scoring 40 or above on the Cognitive Therapy Rating Scale (CTRS).
  - One English case write-up with a matching diagram, scoring 20 or above out of 24 on the Case Review Rating Scale (CRRS)

The participant who successfully completes the training program can apply for certification by The Academy of Cognitive and Behavioral Therapies (A-CBT) within 6 months of completion.

## To Register for the program



Additional details and cost will be shared  
with selected candidates

## Contact information



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**Renewal\_Reward**



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