



RRC Leading Training with Lasting Impact

Accredited Certificate
in Cognitive Behavioral Therapy (CBT) Cohort 2
Fundamentals of CBT and its Clinical Application





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.

Six month part-time program

Program component

1



Online Course

2



Group Discussion

3



Workshop

4



CBT Clinic

5



Group Supervision

A photograph of two women clapping their hands. The woman on the left is wearing a black hijab and a black top. The woman on the right is wearing a white top. The background is a light blue wall.

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 & Selection Requirement

- 1** Valid Professional License in a recognized mental health discipline
- 2** Active Clinical Practice with Access to Cases Suitable for CBT Application
- 3** Sufficient English Proficiency to Engage in Training and Supervision
- 4** Completion of the Online Application Form
- 5** Submission (If Shortlisted) of an Updated CV, Professional License, and Letter of Intent (500-700words)
- 6** Successfully Complete the Structured Assessment Interview (Nonrefundable Fee 500 Riyal)
- 7** Commitment to the Programs Financial Obligations



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 the Academy 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)



To Register for the program



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



Application Closes: Sunday, 05 April 2026

**Assessment Interviews: Wednesday–Thursday,
08–09 April 2026**

**Acceptance & Program Fee Payment Deadline:
Sunday, 12 April 2026**

Program Start Date: Sunday, 19 April 2026

Successful Completion of the Program and Certification Requirements



Contact information



+966 54 791 3199



Renewal_Reward



renewalandrewardcenter



renewalandreward.com



coordinator@renewalandreward.com



7428, Dammam, Saudi Arabia