

CBT Study group 1 – Informative Document

The study group is a dynamic gathering of individuals (5-8) who convene weekly to delve into the realm of cognitive-behavioral therapy. The primary material for exploration in the study group is drawn from Judith Beck's book, "Cognitive Therapy: Basics and Beyond" (3rd edition). Throughout our sessions, we will actively engage in questioning, answering, practical exercises, and hands-on application of the acquired knowledge. This collaborative journey will involve in-depth discussions on potential challenges and obstacles, clarification of misconceptions, and the practical application of therapeutic principles in real-life scenarios.

The comprehensive curriculum encompasses an array of subjects, including the foundational 14 principles of therapy, cognitive models and conceptualizations, the intricacies of therapeutic relationships, treatment planning, session structuring, and the practical application of cognitive, emotional, and behavioral techniques. We will also explore advanced topics like imagery techniques and various cognitive-behavioral and alternative therapies, such as dialectical behavior therapy, acceptance and commitment therapy, active empathy-based therapy, schema therapy, among others. The focus will be on understanding and applying these techniques within the framework of cognitive models and conceptualizations.

The initial stage of the study group spans over 6 months, with weekly sessions lasting two hours each. Participants are expected to read the assigned chapter before each meeting and come prepared with thoughtful questions for discussion.

Our meetings are thoughtfully structured into four main segments:

1. Answering questions
2. Explaining content with practical examples
3. Role-playing
4. Evaluation

The study group is not only an educational endeavor but a transformative experience, providing participants with a profound understanding of cognitive-behavioral therapy. Upon completion of the 22 educational meetings, participants will undergo two assessments: an oral assessment, evaluating practical application, and a written assessment, comprising a straightforward test. Successful participants will be acknowledged with a letter of attendance and participation, signifying their accomplishment in the first-level study group.

Embark on this fascinating journey with us, as the study group unfolds as a unique opportunity to grasp the dynamics and essence of cognitive-behavioral therapy. The overarching goal is to enrich participants' knowledge, enhance their practical skills, and pave the way for the second level of specialized study groups. Importantly, no prior knowledge of therapies or psychology is required, as the study group centers on cognitive-behavioral therapy itself—an adaptable approach applicable across various fields. Join us and embark on a transformative learning experience!

Paul Kawkabany MA, MSc, BICBT-CC, Dip.ACBT