

## CBT Study group 2 – Informative Document

CBT Study Group 2 represents the next phase for individuals who have successfully completed and excelled in Study Group 1. In this advanced stage, participants convene biweekly for two meetings each month, allowing for a deeper exploration of diverse topics within the realm of Cognitive-Behavioral Therapy (CBT). The agenda includes:

1. CBT for Depression
2. CBT for Anxiety (Generalized Anxiety Disorder and Social Anxiety Disorder)
3. CBT for Suicidality
4. CBT for Trauma
5. CBT for Maladaptive Internal Behaviors
6. CBT for Personality Disorders
7. CBT for ADHD (Attention-Deficit/Hyperactivity Disorder)
8. CT-R (Cognitive Therapy for Resilience)
9. CBT for Anxiety (Panic and Agoraphobia)
10. CBT for Obsessive-Compulsive Disorder (OCD)
11. CBT for Prolonged Grief Disorder
12. CBT for Couples
13. CBT for Children and Adolescents
14. CBT for Eating Disorders

During these sessions, participants will engage in in-depth discussions, practical applications, and case studies related to each topic. The biweekly format provides ample time for comprehensive exploration, allowing participants to build on the foundational knowledge gained in Study Group 1.

Similar to Study Group 1, the focus will be on practical application, skill enhancement, and a nuanced understanding of CBT techniques within the specified topics. The goal is to further empower participants with advanced insights and expertise in applying CBT across diverse therapeutic scenarios.

Completion of CBT Study Group 2 will be marked by a comprehensive evaluation, including a written assessment (testing theoretical knowledge by writing a thesis). Successful participants will be recognized with a letter of achievement, acknowledging their accomplishment in the advanced study group.

CBT Study Group 2 is designed to elevate participants' proficiency in cognitive-behavioral therapy, preparing them for nuanced and specialized practice in the field. This advanced study group offers a unique opportunity to delve into specific therapeutic areas, enhancing participants' skills and knowledge for more targeted and effective interventions.

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