



# **Advanced CBT for Anxiety and Depression Course**

SEH ACADEMY

We are pleased to announce our Advanced Cognitive Behavioral Therapy (CBT) for Anxiety and Depression course, designed for professionals in the fields of psychology and psychiatry who are seeking to deepen their knowledge and expertise. This comprehensive training program, certified by the German Jordanian University's Consultation and Training Center, will take place at SEH Academy, located in Khalda, Midas Building.

The course will focus on advanced techniques for addressing anxiety and depression, equipping participants with evidence-based strategies to treat these common mental health issues. This program is not open to the general public, and admission is reserved for specialists in relevant fields. Acceptance of applicants will be based on their CVs, ensuring that only qualified professionals attend.

## COURSE OVERVIEW

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This course spans six weeks and covers the following six key modules:

### **Week 1: Introduction to Advanced CBT for Anxiety and Depression**

- Understanding the cognitive model of anxiety and depression
- Differentiating between anxiety disorders and depressive disorders
- The role of automatic thoughts, cognitive distortions, and core beliefs
- Advanced case formulation in CBT

### **Week 2: Assessment and Diagnosis of Anxiety and Depression**

- Comprehensive clinical assessment tools
- Standardized diagnostic criteria for anxiety and depression
- Developing individualized treatment plans
- Ethical considerations in diagnosis and treatment

### **Week 3: Advanced CBT Techniques for Treating Anxiety**

- Exposure therapy and its applications in anxiety treatment
- Cognitive restructuring techniques to challenge irrational fears
- Behavioral experiments for addressing avoidance behaviors
- Relaxation techniques and their role in anxiety management

### **Week 4: Advanced CBT Techniques for Treating Depression**

- Behavioral activation for overcoming depressive inertia
- Cognitive interventions for negative thought patterns
- Problem-solving therapy for depressive symptoms
- Relapse prevention strategies

### **Week 5: Integrating Mindfulness and Acceptance-Based Techniques**

- Mindfulness-based CBT for anxiety and depression
- Acceptance and Commitment Therapy (ACT) principles
- Integrating mindfulness practices into therapy sessions
- Addressing treatment resistance with mindfulness and acceptance

### **Week 6: Treatment Planning, Relapse Prevention, and Evaluation**

- Long-term treatment planning for chronic anxiety and depression
- Relapse prevention strategies and post-therapy care
- Evaluating therapeutic progress and outcomes
- Case discussions and practical application of learned techniques

## EXPECTED OUTCOMES

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Upon completing this course, participants will:

1. Master advanced CBT techniques tailored to anxiety and depression.
  2. Conduct thorough assessments and develop personalized treatment plans.
  3. Apply evidence-based interventions in real-world clinical settings.
  4. Integrate mindfulness and acceptance-based strategies into therapeutic practice.
  5. Design long-term treatment and relapse prevention plans for clients with anxiety and depression.
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## FINAL PROJECT REQUIREMENT

At the conclusion of the course, participants will be required to submit a **final project** that demonstrates the application of the advanced CBT techniques covered in the program. The project will be evaluated, and participants must pass this assessment to receive certification.

## IMPORTANT NOTE

This course is **not open to the general public** and is intended only for professionals in psychology, psychiatry, or related fields. We reserve the right to accept or reject applicants based on their qualifications and submitted CVs to ensure the quality of the learning experience.

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This course offers a unique opportunity to gain advanced skills in treating anxiety and depression, guided by industry experts. We look forward to welcoming qualified professionals to this in-depth and career-enhancing program at SEH Academy.

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This version provides a detailed introduction, six training modules, clear expected outcomes, and addresses all the requirements, including the final project and selection criteria. Let me know if you need any adjustments!

