



Cognitive Behavioral Therapy (CBT) Topics (DELIVERED IN ARABIC)

1. Concept of Cognitive Behavioral Therapy (CBT)
 - a. Goals of Behavioral Therapy
 - b. Principles of Behavioral Therapy
 - c. CBT Models
2. Difference Between Psychoanalytic Therapy and Cognitive Behavioral Therapy
3. Cognitive Theory in Behavioral Therapy
4. Behavioral Theory in Psychotherapy
5. Role of Cognitive Factors in the Development of Mental Disorders
6. Role of Cognitive Behavioral Therapy in Mental Illness
7. Techniques of Cognitive Behavioral Therapy
 - a. Principles of Rational Thinking
8. Cognitive Distortions (Thinking Errors) and How to Modify Them
9. Behavioral Therapy Techniques
10. Cognitive Case Formulation for the Patient
11. Preparing the Initial CBT Session and Setting Goals
12. Personality Disorders
13. Cognitive Behavioral Therapy for Personality Disorders
14. Developing Problem-Solving Skills
15. Correcting Self-Defeating Thoughts
16. Learning Adaptive Imagination
17. Assertiveness Skills
18. Stress Reduction and Relaxation Techniques
19. Using Exposure Techniques to Face Situations and Emotions
20. Termination of the Treatment Plan and Relapse Prevention
21. Depression
22. Cognitive Behavioral Therapy for Depression
23. Termination of the Treatment Plan and Relapse Prevention
24. Anxiety
25. Cognitive Behavioral Therapy for Anxiety
26. Termination of the Treatment Plan and Relapse Prevention
27. Obsessive-Compulsive Disorder (OCD)
28. Cognitive Behavioral Therapy for OCD
29. Termination of the Treatment Plan and Relapse Prevention
30. Effective Counseling Sessions and Therapists' Mistakes
31. Who Is a Good Therapist and What Are Their Most Important Qualities?