
BipolarLab.com

**Specialist Clinical Training on
Cognitive Behaviour Therapy for Mood Disorders**



Introduction

Our training program aims to offer comprehensive training to mental health professionals in the diagnosis and cognitive behaviour therapy of mood disorders.

Our goal is to train cognitive behaviour therapy specialists who have both the knowledge and the experience to improve the lives of people who have problems with their emotional health (depression, bipolar disorder & comorbid anxiety and other disorders) and to create future mental health professionals who are specialists in mood disorders.

We aim to provide basic and more specialised training in cognitive behaviour therapy, psychometric diagnosis and evaluation, psychopharmacology and in general in the evidence based model of Integrative treatment.

We aim to support the professional development of our students into specialist mental health professionals who work with ethics and love for the good of their patients.

Through our specialist training, we intend to provide support and treatment to a wide range of people with mood disorders, who would not be able to afford treatment in the Greek private sector but also do not have access to specialist mental health services in the Greek public sector.

All our trainees from the first year of their training, follow a program of clinical practice and involvement with patients, which will develop their clinical experience and subsequent specialisation in mood disorders.

The instructors of our training programme are expert psychologists and psychiatrists who specialise in the full range of mood disorders with postgraduate and doctoral studies. Most of our instructors hold PhDs from the Institute of Psychiatry, King's College London, University of London. Distinguished teachers from England and America are also expected to participate as guest lecturers in our programme.

The training in our center is directly related to the clinical work of bipolarlab.com, the day care programme of dimiourgia.org, and the non-profit work of the Hellenic Bipolar Organization (Bipolar.gr). We also maintain partnerships with private and public psychiatric clinics.

Training Programme

Key features of the Curriculum:

- 1-year, 2-year or 3-year programme with certification of training per year.
- Clinical practice from the 1st year of training with mood disordered patients and systematic supervision.
- Professional development support throughout the training.
- 1st year - Level 1: Well-Being Behavior Practitioner
- 2nd year - Level 2: Mood Disorders Cognitive Behavior Therapist
- 3rd year - Level 3: Mood Disorders Specialist Cognitive Behavior Therapist
- Masterclass Series: Short intensive training on the diagnosis and treatment of mood disorders will be offered throughout the year.

Benefits of the training programme

- Provides practical and theoretical training with real patients (in all years of education).
- Provides training in the behavioral and integrative treatment of mood disorders.
- Provides training in diagnostic and psychological evaluation with semi structured interviews and psychometric measures.
- Provides specialisation in specific disorders, clinical problems and specific treatment protocols.
- Provides supervision and professional development support. For more information and

1 year - Level 1: Well-Being Behavior Therapist

- Principles of Behavioral Modification theory - Behaviour Therapy
- Training in Behavior Activation & Behavior Exposure Therapies
- Advanced clinical psychology of mood disorders (phenomenology, psychological models, psychobiology, social psychology of mood disorders)
- Training in basic psychological interventions (self-help, book therapy, psychoeducation, Relaxation training, Mindfulness, Befriending, Peer Support).
- Therapeutic skills training, therapeutic relationship development, clinical assessment and principles of clinical psychometry.
- Clinical research I - research project.
- Clinical practice I - Befriending.
- Professional development I - Supervision - treatment - ethical practice.

The first year of training aims to provide the best possible basis for a behavioral therapist who will specialise in mood disorders. There is emphasis on the principles of behaviour modification theory and also behaviour therapy, and its application in anxiety disorders and depression and psychosis. This module continues the training in behavioural activation and exposure therapies. At the same time the trainees are introduced in advanced clinical psychology research that examines the phenomenology and psychological models of mood disorders. The study continues with psychobiological models of mood disorders that will lay the foundation for the psychopharmacology course of the second year of training and will deepen the understanding of the integrative treatment model. Models of social clinical psychology will also be covered such as attachment theory, self-regulation theory, group processes and social support.

Finally, the first year also provides training and clinical practice with basic therapeutic interventions that may be useful at different stages of each patient's treatment (self-help, book therapy, psycho-education, Relaxation training, Mindfulness, Befriending, Peer Support).

2nd year - Level 2: Mood disorders Cognitive Behavior Therapist

- Clinical and Psychometric Diagnosis with structured tools. (e.g. SCID I, II, HDRS, YMRS, ADI, NIMH-LCM, CGI, GAF, LIFE)
- Training in the Beckian Cognitive Behavior Therapy (CBT)
- Intensive clinical training in CBT for relapse prevention of depression and bipolar disorder.
- Intensive clinical training in the Behavioral Activation & Exposure therapies for anxiety disorders, unipolar depression, subclinical bipolar depression, training in specific treatment protocols.
- Psychopharmacology of mood disorders integrated with behaviour therapy.
- Clinical research II - single case study.
- Clinical practice II - CBT relapse.
- Professional development II - Supervision - treatment - ethical practice - legislation.

The 2nd year of training provides more advanced training in diagnostic and treatment methods. The diagnostic training begins with the use of semi-structured interviews and other symptom monitoring methodologies. The training continues with the Beckian Cognitive Behavior therapy that relies on more disorder specific models. The training of behaviour activation and exposure therapies continues and is advanced through clinical practice with patients who are in mild to moderate depressive episodes. In Bipolar disorder the training and clinical practice continues with CBT models (Lam et al) that teach coping skills and promote the detection of early warning signs for relapse prevention. Their application in a range of mood disorders and bipolar spectrum and comorbid disorders is highlighted. The training includes a course on the psychopharmacology of mood disorder that will help the trainees to understand the integrative model of treatment in mood disorders.

Finally, the clinical practice of the 2nd year becomes more advanced as the trainees are engaged with patients who are at a higher risk for relapse and/or are in a mild to moderate depressive episode.

3rd year - Level 3: Mood Disorders Specialist Cognitive Behavior Therapist

- Advanced Topics in the Treatment of Mood Disorders
- Management of episodes, crises, suicide, hospitalisation
- Comorbidity Therapy in Mood Disorders: Psychosis, Addictions, Eating Disorders and Personality Disorders
- Clinical research III - Research project
- Clinical practice III - CBT treatment
- Professional development III - Supervision - treatment - ethical practice - forensic psychology

The first two years of training provide a fairly comprehensive training for a psychologist who will be able to work with patients with mood disorders within a cognitive behaviour therapy framework. However, there are more severe cases with patients who may relapse with severe episodes that may require hospital care or with patients who may have complicated comorbidities such as addictions, eating disorders or personality disorders (borderline, narcissistic, etc.) which are difficult to treat at all levels. These are considered the most "difficult" patients with whom even experienced therapists have great difficulty in management and treatment. These patients also often need work from a team of therapists. In the 3rd year, more emphasis will be given to the specialisation of CBT therapies and their application in more complex cases. Each trainee will also be able to focus on a modality of their choice. The "difficult" cases that will be undertaken will have more intensive supervision, and the supervisors will have an active participation and role in their treatment.

Advanced Clinical Practice

Throughout the professional training, the trainees will actively engage with patients who will be recruited via our non-profit organisation. These patients will benefit from voluntary care and will be supported at different levels during the 3 years of training. Each trainee will be expected to recruit at least 10 patients per year for their clinical practice. They will also also run self-help groups for patients and relatives.

Training Instructors

Dr Yanni Malliaris Psychologist	Doctorate of the Institute of Psychiatry, King's College London	Bipolar disorder, depression, dual diagnosis, borderline/ narcissistic pd	Behavior activation/ exposure therapies/ CBT relapse prevention / Diagnostic & symptom monitoring methodologies
Dr Michael Hadjulis Psychiatrist	Psychiatric residency at the Institute of Psychiatry, King's College London Associate Professor at Athens University.	Bipolar disorder, depression, psychosis Borderline pd, addictions	Psychopharmacology Clinical Diagnosis
Dr Eva Salaminou Psychologist	Doctorate of the Institute of Psychiatry, King's College London	Depression, anxiety disorders, Eating disorders	CBT therapy Family therapy
Dr Tessa Christodoulou Psychologist	Doctorate of the Institute of Psychiatry, King's College London	Bipolar disorder, depression, anxiety Antisocial personality disorder	CBT therapy Forensic psychology Biological psychology
Dr Elena Giouroukou Psychologist	Doctorate of the Institute of Psychiatry, King's College London	Anxiety disorders Developmental disorders	CBT therapy Biological psychology
Ioannis Babaloukas Psychologist	MSc in Psychological treatments Queen Mary, University of London Panteion University	Depression, anxiety disorders	Behavior modification Behavior therapy
	Referral sources		
Dr Aimilia Zika Psychiatrist	Dromokaition Public National Hospital		
	Hellenic Bipolar Organisation		