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Therapeutic competencies in reducing emotional and social distress after cognitive behavior therapy training program

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Statement of problem: This paper addresses the question that a brief cognitive behaviour therapy (CBT) training program enhances psychologist's skills as reflected in helping students with emotional and social problems. 35 school psychologists (20 Female and 15 male) have received intensive CBT training for six days during two weeks followed by one to one supervision in school sittings for three months. Participants completed CBT skill scale (Arabic form of CTS (Young & beck, 1980)) before and after training. Individual and group counselling sessions delivered to male and female (age mean = 13.7 years) students known of emotional and social problems during the current school year. Supervisors wrote a report in the end of three months practice, students and parent's feedback had collected.

Results: They show that differences between pre and post scores on CBT skills scale are statistically significant ($t=2.9$), supervisors reports and students feedback indicate improving therapeutic skills by the end of three months practice.

Conclusion: CBT training program has positive influence in enhancing CBT skills in school psychologists that reflected in providing effective counselling for students with emotional and social problems. Supervision helped in optimizing the therapeutic outcome in both individual and group therapy sessions.

Biography

Zizi Sabra is an Assistant Professor of Clinical Psychology at the University of Al-fayoum in Egypt. She is an accredited therapist from the Egyptian Ministry of Health and Consultant of Clinical Psychology from Saudi commission for Health Specialist. She is delivering and teaching cognitive behavior therapy (CBT) for more than 20 years. She graduated from the Psychology department, Cairo University. She is a Visiting Scholar at University of Pennsylvania (2000- 2002). She was lucky to learn (CBT) under the supervision of Professor R. J. DeRubies. She is accredited trainer of (CBT) in Egyptian Psychological Association (EPA- RANM) and Psychological Research Center at Cairo University. Her book of "Cognitive Behaviour therapy for depression" theoretical basis and practice published in 2007 is recommended reading for CBT students and therapists. Her current interest is to help psychologists to learn and apply CBT in an accurate scientific manner and establish a standard course of training for license seeker therapists.

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