

Training Programs for Children & Adolescents

Professional Training for Children & Adolescents:

Basic and Advanced Certification Training Program & Supervision Certification
Four-Year RECBT Training Program for Mental Health Professionals & Related Fields Working
with Children, Adolescents, Parents, and Educators
(Two-Year Certification Training Program & Two-Year Supervision Certification Training
Program)

All training programs are certified by the Albert Ellis Institute, U.S.A.

Trainers & Supervisors

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The Hellenic Institute for RECBT offers Basic and Advanced Training Programs and
Supervision Certification Programs in RECBT for mental health professionals and other related
professional fields (e.g., psychologists, mental health counselors, psychotherapists, psychiatrists,
doctors, social workers, mental health nurses, medical practitioners, human resources
professionals) who work with Children, Adolescents, Parents, and Educators.

Professional Training Program: Certification in RECBT & Supervision Certification for Children, Adolescents, Parents, and Educators

The purpose of the Certification & Supervision Certification Training Program for professionals who work with Children, Adolescents, Parents, and Educators is to train and supervise them so they can provide scientifically validated assessments and Psychotherapy services.

Cognitive & Behavioral approaches in psychotherapy, counseling, and education with Children, Adolescents, Parents, and Educators are effective for managing a wide range of psychological difficulties (Bernard, Bernard & Terjesen, 2020; Cristea, David & DiGiuseppe, 2016; DiGiuseppe & David, 2015; DiGiuseppe & Macklem, 2011; Stefan, David, Mogoase, & Dobrea, 2016; Vernon, Venezia, & Gotterbarn, 2017).

Rational-Emotive & Cognitive-Behavioral Psychotherapy is the first Cognitive-Behavioral approach in the practice of psychology, founded in 1955 by psychologist and psychotherapist Dr. Albert Ellis, and it has been recognized worldwide as the most innovative and effective form of Cognitive & Behavioral Psychotherapy addressing a broad range of psychological issues in child/adolescent/parent/educator populations (David, Lynn, & Ellis, 2010; see <https://onlinelibrary.wiley.com/doi/full/10.1002/jclp.22514>).

The programs offered by the Hellenic Institute for RECBT follow the latest innovations and developments in the field of psychotherapy. The goal is to help professionals attain deep theoretical knowledge and practical experience in Rational-Emotive & Cognitive-Behavioral Theory and Psychotherapy when working with Children, Adolescents, Parents, and Educators, as well as to develop RECBT-based skills in sessions, assessments, intervention strategies, case formulation, and monitoring the progress and effectiveness of Psychotherapy.

Commitment to Lifelong Learning and Education

The Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) operates and collaborates as a Certified Partner with the Albert Ellis Institute in New York, U.S.A.

The Albert Ellis Institute is approved by the American Psychological Association (APA) for the promotion of lifelong learning for psychologists, the State Board for Social Work of the State Education Department, and is recognized by the State Board for Mental Health Practitioners of the New York State Education Department as an approved provider of lifelong learning for licensed psychologists, social workers, and mental health counselors.

The Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) assumes full responsibility for its training programs and their content as a Certified Partner and

the sole approved provider of Certification Training Programs in RECBT for Children, Adolescents, Parents, and Educators.

Certification Training Programs in RECBT with Children, Adolescents, Parents, and Educators

The first two years of training (Basic and Advanced Certification Training Program with Children, Adolescents, Parents, and Educators) are designed for mental health professionals and other related professions working with children/adolescents. Professionals who successfully complete both the Basic and Advanced Certification Training Programs may apply for the two-year Supervision Certification Training Program.

Upon successful completion of each year—Basic Certification, Advanced Certification, or the Supervision Certification Program—a Certificate of Attendance is awarded for that specific program.

Upon successful completion of the two-year Basic and Advanced Certification Program and the two-year Supervision Certification Program, participants are awarded a **Diploma of Full Certification in Rational-Emotive & Cognitive-Behavioral Psychotherapy with Children, Adolescents, Parents, and Educators**.

After completing all four years of training, professionals may apply for the accreditation stages of the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT). Through accreditation, fully certified RECBT therapists will hold the title **Fully Certified Therapist in Rational-Emotive & Cognitive-Behavioral Psychotherapy**, with eligibility to become members of both the Hellenic Institute for RECBT and the Albert Ellis Institute.

The **Basic Certification Training Program** with Children, Adolescents, Parents, and Educators in RECBT offers trainees a practically oriented, intensive, and thorough examination of Rational-Emotive & Cognitive-Behavioral Psychotherapy across a variety of mental health topics concerning these populations.

The **Advanced Certification Training Program** offers more intensive clinical training.

The **Supervision Certification Training Programs** provide professionals with the opportunity to work with Children and/or Adolescents in therapeutic sessions under intensive supervision, ensuring the ethical and effective application of Rational-Emotive & Cognitive-Behavioral Psychotherapy.

Both two-year training tracks include additional research and educational activities, which are detailed further below in this informational text.

Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

Clinical practice is included both in the Certification Training Programs in RECBT with Children, Adolescents, Parents, and Educators (i.e., experiential role-playing and clinical case presentations) and in the Supervision Certification Training Programs (i.e., clinical work).

During the two-year Certification Training Program (Basic and Advanced Certification Training), clinical practice is conducted through, among other methods, experiential role-playing, simulated therapeutic sessions and skills, and video demonstrations.

Upon completion of the Basic and Advanced Certification Training Programs, trainees may apply for the first year of the Supervision Certification Training Program with Children, Adolescents, Parents, and Educators in RECBT. Upon successful completion of the first year, they may apply for the second year as professionals aiming to specialize in mental health issues concerning Children, Adolescents, Parents, and Educators using the RECBT methodology.

During the two-year Supervision Certification Training Program, professionals will work in therapeutic sessions with Children, Adolescents, Parents, and Educators under intensive supervision, may serve as co-therapists in group Psychotherapy and counseling with other accredited RECBT mental health professionals, and will participate in research and experiential groups through workshops as part of the Hellenic Institute's various activities, as regularly presented on our website.

Indicatively, the Basic and Advanced Certification Training Programs include lectures, training in prevention, primary intervention, and Psychotherapy at individual and group levels, identification of early warning signs for the development of difficulties and disorders in Children and Adolescents, case study analysis, and role-play exercises practicing various clinical topics.

Most of the techniques presented can be applied in classroom settings, small-group interventions, or individually.

Another purpose of the Basic and Advanced Certification Training Programs (as well as the Supervision Certification Programs) is to promote collaboration among Mental Health Professionals, Educators, and Parents (David & DiGiuseppe, 2016).

Mental Health Professionals / Educators will acquire competency skills in the following domains:

- Training in Rational-Emotive and Cognitive-Behavioral Education with children and adolescents
- Training in Child and Adolescent mental health
- Training in developmental deviations and disorders of Children and Adolescents
- Identification of early warning signs for various difficulties and disorders in Children and Adolescents and techniques for early intervention
- Learning classroom behavior management skills with children and adolescents
- Learning therapeutic intervention skills with children/adolescents in clinical settings
- Learning communication and collaboration skills with Children, Adolescents, Parents, Educators, and Mental Health Professionals
- Practical application of early intervention skills and methods in the classroom
- Practical application of early and advanced intervention skills and methods in clinical settings
- Guidance through group and/or individual seminars

Additional Training Programs and Workshops offered by the Hellenic Institute for RECBT

- Training in Psychometric Tools for Children/Adolescents (e.g., Personality: Clinical Interview, CAT/TAT; Neuropsychological Assessment: NEPSY; Cognitive Ability: WPPSI IV, WISC V, WAIS IV; Parent/Teacher Scales: Achenbach Child Behavior Checklist, Conners Rating Scales, BRIEF – Parent/Teacher/Child/Adolescent forms; Academic Assessment; Emotional Functioning: Spielberger and Beck Questionnaires; Specialized RECBT Tools: CASI, etc.)
- Workshops on mental health topics concerning Children/Adolescents

Program Description:

Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

During the Basic Certification Training Program, trainees will be taught:

- Rational-Emotive & Cognitive-Behavioral Theory and Psychotherapy with Children and Adolescents for emotional and behavioral disorders
- Ways to develop a therapeutic alliance with specific populations
- Diagnostic strategies with children and adolescents according to the A-B-C model
- How to develop therapeutic strategies for children and adolescents
- Strategies for changing irrational/unhelpful beliefs in children, adolescents, parents, mental health counselors, and educators
- The application of Rational-Emotive & Cognitive-Behavioral Psychotherapy to different clinical problems, as specified in the detailed curriculum below
- Theory and practice of Rational-Emotive and Cognitive-Behavioral Education to promote mental resilience, manage difficulties, and support community-based prevention
- How to design and apply change strategies for early, middle, and final stages of Psychotherapy
- How to design between-session homework activities for children/adolescents to help them achieve their goals

Participation Requirements:

Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

The program is intended for mental health professionals and related fields (e.g., psychologists, mental health counselors, psychotherapists, psychiatrists, social workers, mental health nurses, doctors), as well as general and special education teachers working with children and adolescents (public and private schools, as well as tutoring centers). The minimum requirement for program participation is holding a degree in one of the aforementioned fields, while a postgraduate degree is considered desirable.

Completion Requirements:

Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

The duration of the Basic Program in RECBT with Children, Adolescents, Parents, and Educators is **280 hours**:

- 100 hours of theoretical and practical training and instruction in RECBT
- 50 hours of research, scientific club meetings, writing for the first stage of the research project, and preparation/presentation of a case study
- 30 hours of conference/workshop attendance per year
- 100 hours of individual literature study and homework assignments

Additionally, **30 hours of personal Psychotherapy attendance are required.**

The cost of personal Psychotherapy services and other workshops or activities of the Hellenic Institute is not included in the training cost. The prices for personal Psychotherapy depend on the type of therapist (trainee therapist, certified therapist, certified internal associate), while the prices for other Institute activities (e.g., psychometric training, workshops) vary depending on the type of activity.

The Basic Program begins in **October** and ends in **June** of the following year. Classes are held on weekdays, Monday to Friday, morning and afternoon (hours to be announced). The total cost is **€1700 per year**, or **€170 per month** for October–June. Participation is prepaid within the first week of each month. Credit card or bank transfer payments incur additional transaction fees.

A research project begins during the Basic Program and continues throughout the Advanced Program and the Supervision Program. The research project of the Basic Certification Training Program includes selecting a research area of interest and writing a literature review, with a progress report submitted in June. The research is designed within the Research Group of the Hellenic Institute of RECBT, coordinated by Dr. Chrysoula Kostogianni, Director of the Hellenic Institute for RECBT.

To successfully complete the Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators, you must:

- Complete the minimum required participation hours
- Submit individual and group assignments on time (as agreed)
- Successfully participate in the written and oral examinations
- Submit your literature review on the selected research topic
- Meet the attendance requirements (90% attendance per year)

Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators – Curriculum

- Introduction to Rational-Emotive, Cognitive & Behavioral Theory & Psychotherapy applied to emotional and behavioral disorders
- RECBT and Anxiety Disorders
- RECBT and Depression / Mood Disorders / Suicide
- RECBT and Anger / Anger Disorders
- RECBT and Psychological Pain / Complicated Grief / Post-Traumatic Stress Disorder
- RECBT and Guilt / Shame
- RECBT and Jealousy / Envy / Sexual Problems
- Case Study Presentations and preparation for examinations
- Examinations, June (dates to be announced)

Required Bibliography: Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

- Bernard, M. (2008). *The RECBT THERAPIST'S Pocket Companion for Children & Adolescents*. Albert Ellis Institute.
- Bernard, M. & Terjesen, M. (Eds.) (2020). *Rational-Emotive and Cognitive-Behavior Approaches to Child and Adolescent Mental Health: Theory, Practice, Research, Applications*. Springer.
- David, D., Lynn, S. J., & Ellis, A. (Eds.) (2010). *Rational and Irrational Beliefs: Research, Theory, and Practice*. Oxford University Press.
- DiGiuseppe, R., Doyle, K., Dryden, W., & Backx, W. (2014). *A Practitioner's Guide to Rational-Emotive Therapy* (3rd ed.). Oxford University Press.
- Dryden, W., & Branch, R. (2002). *The Fundamentals of Rational Emotive Behaviour Therapy: A Training Handbook*. Wiley.
- Dryden, W. (2011). *Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour: A Practitioner's Guide*. Routledge.
- Dryden, W., & DiGiuseppe, R. (1990). *A Primer on RET*. Research Press.
- Ellis, A. (1962). *Reason and Emotion in Therapy*. Lyle Stuart.

Books may be purchased from the Albert Ellis Institute bookstore: www.albertellis.org/products

Training in the theory, research, and application of RECBT as applied to Children, Adolescents, Parents, and Educators meets the requirements of the **Primary Certificate Practicum in RECBT** from the Albert Ellis Institute.

Advanced Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

Description

During the Advanced Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators, trainees will expand:

- Advanced Rational-Emotive and Cognitive-Behavioral Psychotherapy for emotional and behavioral disorders in children and adolescents (see detailed curriculum below)
- Ways to develop a therapeutic alliance with specific populations
- Diagnostic strategies with children and adolescents according to the A-B-C model
- How to design and apply change strategies for the early, middle, and final stages of Psychotherapy
- How to develop Psychotherapy strategies for children and adolescents, and how to work with parents, healthcare professionals, and educators
- Strategies for changing irrational/unhelpful beliefs in children, adolescents, parents, healthcare professionals, and educators
- How to develop between-session activities for children/adolescents to achieve their goals
- The application of Rational-Emotive & Cognitive-Behavioral Psychotherapy to various clinical problems, as specified in the detailed curriculum below

Participation Requirements:

Advanced Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

The Advanced Certification Training Program is intended for mental health professionals and other related fields (e.g., psychologists, mental health counselors, psychotherapists, psychiatrists, social workers, mental health nurses, doctors, human resources professionals) who work with adults. The minimum requirement for participation is the **successful completion of the Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators**.

Completion Requirements:

Advanced Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

The duration of the Advanced Program in RECBT with Children, Adolescents, Parents, and Educators is **280 hours**, including:

- 100 hours of theoretical and practical RECBT training and instruction
- 50 hours of research, scientific club meetings, writing the first stage of the research project, and preparation/presentation of a case study
- 30 hours of conference/workshop attendance per year
- 100 hours of individual literature study and homework assignments

The Advanced Program begins in **October** and ends in **June** of the following year. Classes are held on weekdays, Monday through Friday, morning and afternoon (times to be announced).

The total cost is **€1700 per year**, or **€170 per month** for October–June. Participation fees are prepaid within the first week of each month. Payments via credit card or bank transfer will include additional transaction fees.

During the Advanced Program, the research project includes writing a full research proposal investigating a research topic selected during the previous year. A progress report is submitted in June along with the completion of the Advanced Certification Training Program. The research is designed within the Research Group of the Hellenic Institute of RECBT, coordinated by Dr. Chrysoula Kostogianni, Director of the Hellenic Institute of RECBT.

To successfully complete the Advanced Certification Training Program, participants must:

- Complete the minimum required participation hours
- Submit individual and group assignments on time (as agreed)
- Successfully participate in the written and oral examinations
- Submit the research proposal on the chosen topic
- Meet attendance requirements (90% attendance per year)

Curriculum:

Advanced Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

- Rational-Emotive and Cognitive-Behavioral Approach with Children and Adolescents: Overview of history, theory, practice, research, and developmental perspective.
- Child Assessment and Psychotherapy
- Adolescent Assessment and Psychotherapy
- Resilience in children and adolescents and its implications in Rational-Emotive and Cognitive-Behavioral Psychotherapy
- Oppositional Defiant Disorder, Conduct Disorder, and aggression–delinquency in children and adolescents: Assessment and intervention
- Attention Deficit Hyperactivity Disorder (ADHD) in children and adolescents: Assessment and intervention
- Underachievement and learning difficulties in children and adolescents: Applications
- Group Psychotherapy with children and adolescents: A Rational-Emotive and Cognitive-Behavioral approach
- Obsessive-Compulsive Disorder in children and adolescents: A Rational-Emotive and Cognitive-Behavioral approach
- Eating disorders, feeding difficulties, and obesity in children and adolescents: A Rational-Emotive and Cognitive-Behavioral approach
- Personality characteristics in adolescents: A Rational-Emotive and Cognitive-Behavioral approach
- Unusual and deviant behaviors in adolescents (e.g., pregnancy, sexual misconduct, substance use)
- Bullying and other forms of violence in children and adolescents: Assessment and Psychotherapy
- Internet Addiction Disorder in children and adolescents: Assessment and Psychotherapy
- Educational and Career Guidance for Children and Adolescents: A Social-Cognitive Approach
- Advanced applications of Rational-Emotive & Cognitive-Behavioral Psychotherapy in school and medical settings
- Case study presentations
- Preparation of research papers and exam preparation
- June examinations (dates to be announced)

Required Bibliography: Advanced Certification Training Program

- Bernard, M., & Roger, R. (2002). *The You Can Do It! Education Mentoring Programme (Age Range 12–18+ Years)*. Prospects Education Services.

- Cristea, I. A., Stefan, S., David, O., Mogoase, C., & Dobrean, A. (2016). *RECBT in the Treatment of Anxiety Disorders in Children and Adults*. Springer.
- David, O. A., & DiGiuseppe, R. (2016). *The Rational Positive Parenting Program*. Springer.
- DiGiuseppe, R., & David, O. (2015). Rational Emotive Behavior Approaches. In H. T. Prout & A. L. Fedewa (Eds.), *Counseling and Therapy with Children and Adolescents: Theory and Practice for School and Clinical Settings (5th ed.)*. Wiley & Sons.
- DiGiuseppe, R., Venezia, R., & Gotterbarn, R. (2017). What is Cognitive-Behavior Therapy? In A. Vernon & K. Doyle (Eds.), *Cognitive-Behavior Therapies: A Guidebook for Practitioners*. American Counseling Association.
- Dryden, W. (2009). *Understanding Emotional Problems: The RECBT Perspective*. Routledge.
- Dryden, W. (2001). *Reason to Change: A Rational Emotive Behaviour Therapy Workbook*. Routledge.
- Ellis, A. & Tafrate, R. (1997). *How to Control Your Anger Before It Controls You*. Citadel Press.
- Ellis, A. (2002). *Overcoming Resistance: A Rational Emotive Behavior Therapy Integrated Approach (2nd ed.)*. Springer.
- Ellis, A. (2005). *The Myth of Self-Esteem*. Prometheus Books.
- Macklem, G. L. (2011). *Evidence-Based School Mental Health Services: Affect Education, Emotion Regulation Training, and Cognitive-Behavior Therapy*. Springer.
- Vernon, A. (1989). *Thinking, Feeling, Behaving: An Emotional Education Curriculum for Adolescents*. Research Press.
- Vernon, A. (1989). *Thinking, Feeling, Behaving: An Emotional Education Curriculum for Children*. Research Press.
- Vernon, A. (2007). *What Works When with Children and Adolescents: A Handbook of Individual Counseling Techniques*. Research Press.

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Training in the theory, research, and application of RECBT for Children, Adolescents, Parents, and Educators meets the requirements of the **Advanced Certificate Practicum in RECBT** from the Albert Ellis Institute.

The Certificate of Attendance for the Basic Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators is provided by the Hellenic Institute for RECBT & the Albert Ellis Institute.

1st Level Supervision Certification Training Program for Professionals Working with Children, Adolescents, Parents, and Educators

(Weekly meetings, mornings and afternoons; days and times to be announced; September–July)

Program Description:

1st-Level Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators.

During the 1st-Level Supervision Certification Training Program, trainees will be able to work with Children, Adolescents, Parents, and Educators and apply Rational-Emotive & Cognitive-Behavioral Psychotherapy under intensive supervision. Trainees will deepen and utilize their understanding of the case they have selected and will actively participate in advanced clinical applications and activities proposed during supervision.

Participation Requirements:

1st-Level Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators.

The minimum requirement for participation in the training program is the successful completion of the Advanced Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators, as well as the completion or current enrollment in a relevant postgraduate program in the corresponding field.

Completion Requirements:

1st-Level Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators.

The duration of the 1st-Level Supervision Certification Training Program for professionals working with Children, Adolescents, Parents, and Educators is **740 hours**, consisting of:

- 130 hours of supervision
- 70 hours of research and scientific club meetings
- 30 hours of conference/workshop attendance per year

- 30 hours of literature review
- Approximately 300 hours of clinical work with at least five (5) full recordings/case studies
- 150 hours of individual literature study and/or volunteer work
- 30 hours of additional clinical supervision support

Requirements for Clinical Cases

Trainees in the 1st-Level Supervision Certification Training Program must:

- Complete at least five (5) full 45-minute audio, video, or recorded therapy sessions
- Serve as therapist or co-therapist in individual, group, family, or school-based therapeutic sessions

These recordings will be evaluated by **Dr. Chrysoula Kostogiannis** and **Dr. Anna-Maria Plessa** to provide continuous feedback and support skill development.

Program Logistics & Fees

The program begins in **September** and ends in **July** of the following year.

Supervision meetings will take place weekly (morning/afternoon; dates/times to be arranged).

Cost:

- **€1,870 annually** or **€170 per month** for September–July
- Monthly fees are prepaid during the first week of each month
- Credit card or bank transfer payments include additional processing fees

Research Requirements

The research project extends from the Basic and Advanced Certification Programs. During the 1st-Level Supervision Certification Program, research includes **data collection** in a chosen research area.

Ideally, data collection is completed by June, before the examination period, although this depends on the nature of the research. Research is designed and conducted within the **Research Group of the Institute**, coordinated by **Dr. Chrysoula Kostogianni**.

Successful Completion Requirements

To successfully complete the program, trainees must:

- Complete all minimum training hours
- Submit assignments on time (as agreed)
- Demonstrate sufficient skills in written and oral examinations during the June examination period
- Submit collected data for the chosen research topic
- Meet attendance requirements (90% participation)

Upon completion, a **Certificate of Attendance** is awarded, confirming successful fulfillment of the 1st-Level Supervision Certification Training Program.

Examination dates for June will be announced in advance.

Recommended bibliography will depend on case/client needs.

2nd-Level Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators

(Weekly meetings, mornings and afternoons; dates and times to be announced; September–July).

Program Description

During the 2nd-Level Supervision Certification Training Program, trainees will work with Children, Adolescents, Parents, and Educators and apply Rational-Emotive & Cognitive-Behavioral Psychotherapy under close, intensive supervision. They will deepen and utilize their work in a research project they have selected and will actively participate in advanced clinical applications and activities proposed by the scientific staff of the Hellenic Institute.

Participation Requirements:

2nd-Level Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators.

The program is intended for mental health professionals and related fields (e.g., psychologists, mental health counselors, psychotherapists, psychiatrists, social workers, mental health nurses, doctors, educators).

Minimum requirement:

- Successful completion of the **1st-Level Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators.**

Completion Requirements:

2nd-Level Supervision Certification Training Program in RECBT with Children, Adolescents, Parents, and Educators.

The duration of the program is **740 hours**, consisting of:

- 126 hours of supervision
- 70 hours of research and scientific club meetings
- 30 hours of conference/workshop attendance per year
- 90 hours of data coding/analysis and research paper writing
- Approximately 300 hours of clinical work with at least ten (10) full session recordings/case studies
- 150 hours of individual literature study and/or volunteer work
- 30 hours of clinical practice supervision

Requirements for Clinical Cases

Trainees must:

- Complete at least ten (10) audio or video recorded sessions as therapist or co-therapist in individual, group, family, or school-based therapy
- Submit ten (10) full 45-minute session recordings at the end of the year

These recordings will be evaluated by **Dr. Chrysoula Kostogiannis** and **Dr. Anna-Maria Plessa** for ongoing feedback and skill enhancement.

Program Logistics & Fees

The program begins in **September** and ends in **July**.

Weekly supervision meetings will be scheduled (morning/afternoon).

Cost:

- **€1,870 annually** or **€170 per month** for September–July
- Fees are prepaid monthly during the first week
- Additional fees apply for credit card or bank transfer payments

Additional fee:

- **€250** for the final “**Golden Recording**”, which is submitted to the Albert Ellis Institute’s International Standards and Policy Committee for evaluation toward the Certificate of Completion of the 2nd-Level Supervision Certification Program.

Research Requirements

Research during the 2nd-Level Supervision Certification Program includes:

- Data coding and analysis
- Writing and submitting the final research paper

Ideally completed by June during the examination period, although this depends on the nature of the research and sampling. Research is carried out within the Institute’s Research Group coordinated by **Dr. Chrysoula Kostogianni**.

Recommended bibliography is based on case/client needs.

Examination dates will be announced in advance.

Examinations are administered by supervisors-examiners from the **Albert Ellis Institute, New York**.

The 2nd-Level Supervision Certification Training Program meets the requirements for the **Associate Fellowship Certificate in RECBT** as defined by the Albert Ellis Institute.

Upon completion, a **Certificate of Participation** is awarded, along with eligibility to apply for full official accreditation by the Hellenic Institute for RECBT and inclusion on the Institute’s referral list.

European Accreditation Requirements

To meet the membership criteria of European psychotherapy organizations such as **EABCT**, by the end of the program trainees must:

- Work with at least **8 clients** from intake to completion/termination of Psychotherapy

- Address at least **3 different types of presenting problems**
- Complete at least **3 cases under close, intensive supervision**