

Training Programs in Rational-Emotive & Cognitive Behavioral Psychotherapy (RECBT) for Adults, Children & Adolescents

1. Theoretical Programs

Basic Year (common for Adults, Children & Adolescents)

The Basic Year is an introduction to the theory, philosophy, and basic therapeutic techniques of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT).

Advanced Year (Differentiation between Adult Psychotherapy or Child/Adolescent Psychotherapy)

The Advanced Year deepens the application of Psychotherapy in complex clinical cases of adults / children / adolescents.

2. Supervision Programs

Supervision Year 1 (common for Adults, Children & Adolescents)

Supervised application of Psychotherapy on real clinical cases. Conducted weekly.

Supervision Year 2 (common for Adults, Children & Adolescents)

Deepening of clinical judgment, intervention planning, and professional autonomy. Conducted weekly.

Adult Training Programs

Professional Trainings:

Basic and Advanced Certification Training Program & Supervision Program.

Four-Year RECBT Training Program – Adults, for Mental Health Professionals & Related Fields

(Two-Year Certification Training Program and Two-Year Supervision Certification Program)

All training programs are certified by the **Albert Ellis Institute, USA**.

Trainers & Supervisors

Chrysoula Kostogiannis, Ph.D.

Certified Rational Emotive & Cognitive-Behavioral Psychotherapist (RECBT),
Psychotherapist, Rational Emotive & Cognitive-Behavioral Psychotherapy (RECBT) Supervisor,
Ellis Scholar

Anna-Maria Plessa, D.Psych.

Certified Rational Emotive & Cognitive-Behavioral Psychotherapist (RECBT),
Coordinator of Counseling & Educational Programs

The **Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT)** offers professional certification training programs (Basic & Advanced) and Supervision Training Programs in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT), addressed to mental health professionals and related fields (e.g., psychologists, mental health counselors, psychotherapists, psychiatrists, doctors, social workers, mental health nurses, treating physicians, HR professionals) who work with Adults.

Professional Training Program:

Certification Training Programs & Supervision Programs in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT)

The purpose of the Certification Training Programs & Supervision Programs in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) for professionals working with Adults is to train and supervise them so they can provide scientifically validated assessments and Psychotherapy services to Adult clients.

Cognitive-Behavioral approaches in psychotherapy and counseling with adults are effective for managing a wide range of psychological difficulties (Dobson, 2009). Rational-Emotive &

Cognitive-Behavioral Psychotherapy is the first Cognitive-Behavioral approach in psychological practice, founded in 1955 by psychologist and psychotherapist Dr. Albert Ellis, and has been internationally recognized as the most innovative and effective type of Cognitive-Behavioral Psychotherapy for a broad spectrum of psychological issues (David, Lynn, & Ellis, 2010).

The programs offered by the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) follow the latest innovations and developments in psychotherapy. The aim is to support professionals in gaining deep theoretical knowledge and practical experience in Rational-Emotive & Cognitive-Behavioral Theory and Psychotherapy when working with Adults, as well as developing skills based on the RECBT model during sessions, assessments, intervention strategies, and monitoring the progress and effectiveness of Psychotherapy.

The Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) operates as the **exclusive Certified Partner of the Albert Ellis Institute in New York, USA**, in Greece.

The Albert Ellis Institute is approved by the **American Psychological Association** for 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 accredited provider of lifelong learning for licensed psychologists, social workers, and mental health counselors.

Certification Training Programs in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults

The training programs of the first two years (Basic and Advanced Certification Training Program) in RECBT for professionals working with Adults are addressed to mental health professionals and related fields. Professionals who successfully complete the Basic Certification Training Program and the Advanced Certification Training Program may apply for the two-year Supervision Certification Training Program.

Upon successful completion of each year—either the Basic Certification Training Program, the Advanced Certification Training Program, or the Supervision Certification Training Program—a certificate of attendance is awarded for that program. Upon successful completion of both the two-year Basic and Advanced Certification Training Program and the two-year Supervision Certification Training Program, a **Diploma of Full Certification** in Rational-Emotive & Cognitive-Behavioral Psychotherapy with Adults is awarded.

After completing all 4 years of training, professionals may apply for accreditation stages at the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT). Through accreditation, fully certified therapists in RECBT will hold the title **Fully Certified Therapist in Rational-Emotive & Cognitive-Behavioral Psychotherapy**, with eligibility to become members of both the Hellenic Institute and the Albert Ellis Institute.

The Basic Certification Training Program with Adults in RECBT provides trainees with a practically oriented, intensive, and thorough examination of RECBT across a wide range of adult mental health issues, while the Advanced Certification Training Program provides more intensive clinical training.

The Supervision Certification Training Programs offer professionals the opportunity to work with Adult Clients in therapeutic sessions under close and intensive supervision, ensuring ethical and effective application of RECBT.

For a more detailed description of each training program, research activities, and educational components, contact us via our website or book an appointment to discuss further: **210 61 28 950 (Mon–Fri: 2 p.m. – 8 p.m.)**

Supervision Certification Training Program in RECBT with Adults

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

During the two-year Certification Training Program with Adults (Basic and Advanced), clinical practice is conducted through experiential role-playing, simulation of therapeutic sessions, and video-demonstrated skill practice.

Upon completion of the Basic and Advanced Certification Training Program with Adults, trainees may apply for the first year of the Supervision Certification Training Program with Adults in RECBT; upon successful completion of the first year, they may apply for the second year of Supervision Training as professionals wishing to specialize in adult mental health using the RECBT methodology.

During the two-year Supervision Certification Training Program with Adults, professionals will be able to work with adult clients in therapeutic sessions under close intensive supervision, act as co-therapists in group Psychotherapy and counseling with other accredited RECBT professionals, and participate in research and experiential groups through workshops as part of the various activities of the Hellenic Institute.

The Basic and Advanced Certification Training Program with Adults includes lectures and training in assessment and RECBT intervention, skill development for individual and group work, case analysis, and experiential role-playing with practice in various clinical topics.

Additional Training Programs and Experiential Workshops Offered by the Hellenic Institute for RECBT

Training in Psychometric Tools for Adults (e.g., Personality: MMPI-2, Millon-IV, 16PF-5, TAT; Cognitive Abilities: WAIS-IV; Neuropsychological Evaluation: NEPSY; Emotional Functioning: Spielberger & Beck questionnaires; RECBT tools – ABS 2, and other psychometric tools).

Specialized Training in Addictions (SMART Recovery: substances, behavioral addictions – e.g., gambling, excessive internet or social media use, online gaming, shopping, etc.; weight management; eating disorders).

Workshops on adult mental health topics delivered by colleagues from the RECBT community.

Basic Certification Training Program in RECBT with Adults

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

- Rational-Emotive & Cognitive-Behavioral Theory and Psychotherapy for emotional and behavioral disorders.
- Development of therapeutic alliance and maintenance of RECBT/CBT sequence/content during the therapeutic change process.
- Diagnosis and monitoring according to the A-B-C-D-E-F model.
- Use of effective strategies for disputing irrational (rigid/extreme) beliefs and applying a wide range of cognitive, behavioral, and emotional interventions.
- Application of RECBT to different clinical problems as outlined in the detailed curriculum below.

Completion Requirements:

Basic Certification Training Program in RECBT with Adults

The duration of the Basic Certification Training Program with Adults is **280 hours** (100 hours of theoretical and practical RECBT training and teaching, 50 hours of research, journal meetings, writing the first stage of the research project, and preparing/presenting a case study, 30 hours of conference/workshop attendance per year, and 100 hours of individual literature study and homework).

Additionally, **30 hours of personal Psychotherapy** are mandatory. The cost of personal therapy services and other workshops/actions of the Institute are not included in the training costs. Personal therapy prices vary depending on therapist type; workshop prices vary depending on activity.

The Basic Certification Training Program in RECBT with Adults begins in **October** and ends in **June** of the following year. Classes take place Monday to Friday, morning and afternoon (hours announced). Total cost: **€1700 per year**, or **€170 per month** (October–June). Payment is due within the first week of each month. Additional transaction fees apply for credit card or bank transfer.

A research project begins during the Basic Program and continues through the Advanced Program and Supervision Program. The Basic Program's research assignment includes choosing a topic and writing a literature review, with a progress report submitted in June. Research is conducted within the Research Group coordinated by **Dr. Chrysoula Kostogianni**, Director of the Institute.

To successfully complete the Program, trainees must meet minimum attendance requirements, complete individual/group assignments on time, successfully pass written and oral examinations, submit the literature review, and meet attendance requirements (90% per year).

Training Program:

Basic Certification Training Program in RECBT with Adults

- 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 / PTSD
- RECBT and Guilt / Shame
- RECBT and Jealousy / Envy / Sexual Problems
- Case Study Presentations and exam preparation
- Exams, June (dates to be announced)

Required Reading: Basic Certification Training Program in RECBT with Adults

- David, D., Lynn, S., & Ellis, A. (2010). *Rational and irrational beliefs. Implications for Research, Theory, and Practice*. Oxford University Press.
- DiGiuseppe, R., Doyle, K., Dryden, W., & Backx, W. (2014). *A Practitioner's Guide to Rational-Emotive Behavior Therapy* (3rd ed.). Oxford University Press.
- Dobson, K. (Ed.) (2009). *Handbook of Cognitive-Behavior Therapies*. Guilford Press.
- Dryden, W. & DiGiuseppe, R. (1990). *A Primer on RET*. Research Press.
- Dryden, W., & Branch, R. (2002). *The Fundamentals of Rational Emotive Behaviour Therapy: A Training Handbook*. Wiley.
- Dryden, W. & Neenan, M. (2008). *The RECBT Therapist's Pocket Companion*. Albert Ellis Institute.
- Dryden, W. (2011). *Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour: A Practitioner's Guide*. Routledge.
- 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 RECBT theory, research, and application as applied to Adults meets the requirements of the **Primary Certificate Practicum** in RECBT from the Albert Ellis Institute.

Advanced Certification Training Program in RECBT with Adults

Description:

During the Advanced Certification Training Program in RECBT with Adults, trainees will expand and deepen their knowledge, understanding, and practical experience in RECBT Theory and Psychotherapy when working with Adults.

During the Advanced Program, trainees will learn:

- Developments in RECBT Theory, Research, and Psychotherapy
- How to build and maintain therapeutic alliance with diverse issues/diagnoses
- How to design and implement change strategies for the early, middle, and final stages of Psychotherapy
- Development of effective therapeutic strategies for Adults, couples, and groups
- Designing homework activities between sessions for Adults to achieve their goals
- Application of RECBT to different clinical topics/diagnoses

Participation Requirements:

Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults

The Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults is addressed to 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 in the program is the successful completion of the Basic Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults.

Completion Requirements:

Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults

The duration of the Advanced Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults is **280 hours** (100 hours of theoretical and practical training and teaching in Rational-Emotive & Cognitive-Behavioral Psychotherapy (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, and 100 hours of individual literature study and homework assignments).

The Advanced Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults begins in **October** and is completed in **June** of the following year. Classes are held during the week, Monday to Friday, morning and afternoon (times will be announced). The total

cost is **€1700 per year**, or **€170 per month** for the period between October and June. Participation in the program is prepaid within the first week of each month. In case of payment by credit card or bank transfer, an additional transaction fee will be charged.

During the Advanced Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults, the research project includes writing a full research proposal investigating a research area selected from the previous year. A progress report is submitted in June upon completion of the Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults. The research is designed within the Research Group of the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT), coordinated by Dr. Chrysoula Kostogianni, Director of the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT).

To successfully complete the Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults, you must have completed the minimum required hours of participation, submitted the individual and group assignments assigned to you on time (as agreed), successfully participated in the written and oral examinations of the Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults, submitted your research proposal on the research topic you have selected, and met the attendance requirements (90% attendance per year).

Training Program:

Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults

- Developments in the theory, research, and practice of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT)
- Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) and Personality Disorders
- Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) and Addiction to Psychoactive Substances (alcohol and drugs)
- Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) and Eating Disorders
- Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) and Schizophrenia
- Couples Psychotherapy, Family Psychotherapy, Group Psychotherapy

- Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) and clinical issues concerning diverse populations

Examinations, June (dates will be announced)

Required Bibliography:

Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults

- Bernard, M.E. & Dryden, W. (Eds.). (2019). *Advances in Rational-Emotive & Cognitive-Behavioral Therapy (RECBT): Theory, Practice, Research, Measurement, Prevention and Promotion*. Springer.
- Dryden, W. (2009). *Understanding Emotional Problems: The RECBT Perspective*. Routledge.
- Dryden, W. (2001). *Reason to Change: A Rational Emotive Behaviour Therapy Workbook*. Routledge.
- Dryden, W., & Bernard, M.E. (Eds.). (2019). *RECBT with Diverse Client Problems and Populations*. Springer.
- Ellis, A. & Tafrate, R. (1997). *How to Control Your Anger Before It Controls You*. Citadel Press, Kensington Publishing Corporation.
- Ellis, A. (2002). *Overcoming Resistance: A Rational Emotive Behavior Therapy Integrated Approach*. 2nd Edition. Springer Publishing Company.
- Ellis, A. (2005). *The Myth of Self-Esteem*. Prometheus Books.
- Vernon, A. (2012). *Cognitive and Rational-Emotive Behavior Therapy with Couples: Theory and Practice*. Springer.

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

Training in the theory, research, and application of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT), as applied to Adults, meets the requirements of the **Advanced Certificate Practicum in RECBT** from the Albert Ellis Institute.

The Certificate of Attendance for the Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) with Adults is provided by the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) & by the Albert Ellis Institute.

Certification Training Program – 1st Supervision Cycle

for professionals working with Adults

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

Program Description:

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

Participation Requirements:

Certification Training Program – 1st Supervision Cycle in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT)

The minimum requirement for participation in the training program is the successful completion of the Advanced Certification Training Program in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) and the completion or current attendance of a postgraduate program in the relevant field.

Completion Requirements:

Certification Training Program – 1st Supervision Cycle in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT)

The duration of the Certification Training Program – 1st Supervision Cycle in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT) for professionals working with Adults is **740 hours** (130 hours of supervision, 70 hours of research and scientific club meetings, 30 hours of conference/workshop participation 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, and 30 hours of additional clinical supervision support).

Regarding case assignments, the following must apply: Trainees in the Certification Training Program – 1st Supervision Cycle in RECBT undertake responsibility to complete at least **five (5)** full-length (45-minute) audio recordings, video recordings, or filmed sessions as therapists or co-therapists in individual, group, family, or couples therapy sessions. These recordings will then be evaluated by Dr. Chrysoula Kostogianni and Dr. Anna-Maria Plessa for the purpose of providing continuous feedback and enhancing the trainees' skill development.

The Certification Training Program – 1st Supervision Cycle in RECBT begins in **September** and is completed in **July** of the following year. Supervision meetings will take place weekly (morning/afternoon; dates/times will be arranged). The cost is **€1,870 per year** or **€170 per month** for the period September–July. Participation in the program is prepaid during the first week of each month, and in case of credit card or bank transfer payments, additional transaction fees apply.

The research work from the Basic and Advanced Certification Training Programs in RECBT is extended during this program. During the Certification Training Program – 1st Supervision Cycle in RECBT, research includes data collection in a research field selected by the trainee. Ideally, data collection is completed by June, before the examination process of the Program. However, this depends on the nature of each research project. Research is designed and carried out within the Research Group of the Institute, coordinated by Dr. Chrysoula Kostogianni, Director of the Hellenic Institute of Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT).

To successfully complete the Certification Training Program – 1st Supervision Cycle in RECBT for professionals working with Adults, you must have completed the minimum required participation hours as mentioned above, submitted assigned work on time (as agreed), demonstrated sufficient skills in written and oral examinations during the June examination period, submitted the data collected for your chosen research topic (see details on data collection above), and fulfilled the required attendance hours (90% participation). Upon completion of the Certification Training Program – 1st Supervision Cycle in RECBT for professionals working with Adults, a Certificate of Attendance is awarded confirming that you have completed the program.

June exam dates will be announced in advance. Recommended bibliography will be based on the needs of the cases/clients.

Certification Training Program – 2nd Supervision Cycle

for professionals working with Adults
(Weekly meetings, mornings and afternoons, days and times will be announced, September–July)

Program Description:

During the Certification Training Program – 2nd Supervision Cycle, trainees will be able to work with Adult clients and apply Rational-Emotive & Cognitive-Behavioral Psychotherapy under intensive supervision. In addition, they will deepen and utilize their work on the research they have chosen and will actively participate in advanced clinical applications and activities proposed by the scientific staff of the Hellenic Institute.

Participation Requirements:

Certification Training Program – 2nd Supervision Cycle in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT)

The program is designed 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). Minimum requirement for participation is the successful completion of the Certification Training Program – 1st Supervision Cycle in RECBT with Adults.

Completion Requirements:

Certification Training Program – 2nd Supervision Cycle in Rational-Emotive & Cognitive-Behavioral Psychotherapy (RECBT)

The duration of the Certification Training Program – 2nd Supervision Cycle in RECBT for professionals working with Adults is **740 hours** (126 hours of supervision, 70 hours of research and scientific club meetings, 30 hours of conference/workshop participation per year, 90 hours of data coding/analysis and research paper writing, approximately 300 hours of clinical work with at least ten (10) full recorded sessions/case studies, 150 hours of individual literature study and/or volunteer work, and 30 hours of clinical practice supervision).

Regarding case assignments, the following apply:

Trainees in the Certification Training Program – 2nd Supervision Cycle in RECBT undertake responsibility to complete at least **ten (10)** video-recorded or audio-recorded sessions as therapists or co-therapists in individual, group, family, or couples therapy sessions.

At the end of the year, trainees must submit **ten (10)** full 45-minute session recordings from the cases they have handled during the year. These recordings will be evaluated by Dr. Chrysoula Kostogianni and Dr. Anna-Maria Plessa to provide continuous feedback and strengthen trainee progress.

The Certification Training Program – 2nd Supervision Cycle in RECBT begins in **September** and finishes in **July** of the following year. Weekly supervision meetings are held (morning/afternoon; dates/times arranged). The cost is **€1,870 per year** or **€170 per month** for September–July. Participation is prepaid in the first week of each month, and credit card or bank transfer payments include additional charges.

Additionally, there is a **€250 fee** for the final recording (“Golden Recording”), which will be submitted to members of the Albert Ellis Institute International Standards and Policy Committee for review in order to receive the Certificate of Completion for the Certification Training Program – 2nd Supervision Cycle in RECBT.

During the 2nd Supervision Cycle, research includes data coding and analysis in the trainee’s selected field, as well as writing and submitting the final research paper. Ideally, the research paper is completed and submitted by June, during the examination period, but this depends on the nature and sampling process of each trainee’s research. The research is designed and carried out within the Research Group of the Hellenic Institute, coordinated by Dr. Chrysoula Kostogianni.

Recommended bibliography is based on the needs of the cases/clients. Exact June examination dates will be announced in advance. Examinations will be conducted by supervisor-examiners from the Albert Ellis Institute in New York.

The Certification Supervision Training Program in RECBT with Adults meets the requirements of the **Associate Fellowship Practicum Certificate in RECBT** as defined by the Albert Ellis Institute.

A Certificate of Participation is provided for the Certification Training Program – 2nd Supervision Cycle in RECBT for professionals working with Adults, as well as the opportunity to apply for full official certification from the Hellenic Institute for RECBT and inclusion in our referral list.

To meet the qualification requirements of the European psychotherapy bodies, including EABCT, by the end of the Certification Training Program – 2nd Supervision Cycle in RECBT, you must have worked with **at least 8 clients** from assessment to completion or termination of Psychotherapy, addressing at least **three types of problems**, and **three cases under intensive supervision**.