



ADVANCED TRAINING PROGRAM

All components of the Advanced Training Program have been developed by experts from Greece and abroad through an intercultural, co-creative process. The effectiveness of cognitive-behavioral psychotherapy techniques is widely known and scientifically documented, yet there remains a need for more efficient, short-term, and adapted protocols, clearly outlined in manuals for use across different settings. Accordingly, evidence-based psychotherapeutic protocols grounded in Cognitive Behavioral Therapy (CBT) and adapted to the needs of the public health system were developed:

The Depression Protocol for adolescents (12 to 17 years old) consists of 15 individual sessions, three of which involve parent sessions, with each session lasting approximately one hour.

The Anxiety Protocol for children (6 to 12 years old) consists of 14 sessions: the first includes both the child and the parent, ten are individual sessions with the child, and three are sessions with the parents. It also includes two booster sessions at one month and three months, respectively, following completion of the intervention.

The Parent Training Protocol in behavioral techniques for children (4 to 12 years old) with behavior problems includes a total of 16 parent sessions, four of which are joint sessions with the parents and the child.

What does the training include?

The Advanced Training is based on a blended methodology consisting of two components:

Asynchronous training (24 compulsory and optional lectures ~ 50 hours):

Participants can complete the asynchronous training at their convenience. Completion of this component is a prerequisite for attending the synchronous component.

Synchronous training

- Clinical case assignment within the public care system
- Weekly group online supervisions (2 hours) led by clinical therapists/supervisors in CBT, during which participants (as trainee therapists) present their clinical cases. Supervision takes place in the morning.
- Educational materials, including clinical manuals for mental health professionals and workbooks for children, adolescents, and parents/caregivers

Who can participate?

The Advanced Training Program is open to child and adolescent psychiatrists (specialists and residents) and psychologists working with children and adolescents who:

- are employed in public services
- have completed at least one year of specialty training in Child and Adolescent Psychiatry (for psychiatry residents)
- have completed two years of clinical experience in a child and adolescent mental health service and have completed certified training in a psychotherapy modality or at least one year of training in Cognitive Behavioral Therapy (for psychologists)
- can provide an approval letter from their institution

When can I express interest in participating in the Training?

The dates for submitting expressions of interest will be announced on this page in the coming period.

For clarifying questions, you may contact us by email at info@camhi.gr with the subject line "Advanced Training".