

LOPSY GUIDELINES FOR THE OBTENTION OF THE TITLE OF PSYCHOTHERAPIST AND FOR THE ACCREDITATION OF TRAINING CENTERS / INSITUTES

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Guidelines for Psychotherapeutic Approaches: Requirements for the Official Title of Psychotherapist in Lebanon

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Preamble

This document provides psychologists who want to become specialized in a specific psychotherapy approach, and training centers/institutes who seek accreditation with the basic requirements LOPsy has adopted to issue the title of psychotherapist for its members, and the accreditation of the psychotherapy training centers/institutes.

This guideline is composed of three parts: the introduction and general requirements for the title of psychotherapist for individuals seeking a specialization in a psychotherapeutic modality; the presentation of the psychotherapeutic modalities and their respective training requirements to guide the existent and potential training centers/institutes; and finally, the psychotherapeutic sub-specialties and their training requirements.

This endeavor has been completed by the Psychotherapy Committee which conducted a thorough review of international criteria to support the establishment of local ones. The document has been reviewed and approved by the LOPsy Board.

N.B: This is a working document that will be revised and updated as psychological science and psychotherapy grow and develop. It constitutes the first steppingstone towards implementing and preserving high standards of specialization in Lebanon.

Part 1: Introduction and General Requirements for the Title of Psychotherapist

1. Introduction to Psychotherapy

Psychotherapy is a psychological treatment method based on a theoretical framework. It aims to support individuals and groups facing psychological distress or mental health disorders. It is based on a structured framework, professional ethics, and a defined clinical posture.

2. General Requirements to Become a Psychotherapist

2.1. Purpose

This policy outlines the professional and educational requirements for granting the official title of Psychotherapist in Lebanon. It aligns with international standards, particularly those of the European Association for Psychotherapy (EAP) and the European Association for Behavioral and Cognitive Therapies (EABCT), while also considering the best national practices to promote quality, ethical psychotherapeutic care.

2.2. Eligibility Criteria

- Professional Status:
 - Official registration as a licensed Clinical Psychologist with the Lebanese Order of Psychologists (LOPsy).
 - Successful completion of the LOPsy Early Career Development Program (ECDP), a structured program combining clinical training, ethics, and supervised practice. This criterion applies to psychologists who graduated in 2023 and onward.

3. Psychotherapy Training Requirements

3.1. Modality-Specific Training

Training must be in a recognized psychotherapeutic modality, based on the five major schools of psychotherapy defined in Part 2, and meet the following minimum standards for total training duration:

Modality Type	Minimum Training Hours
Long-Term Modalities (e.g., Psychoanalytic, Integrative, Humanistic, Psycho-organic Analysis, Existential)	1200 hours
Short-Term Modalities (e.g., CBT, EMDR, Systemic, Psychodynamic)	800 hours

3.2. Core Training Components for long term and short-term Modalities

- I. For long-term psychotherapy, a minimum of 1200 hours is required as per the following components:
 - **Theoretical Coursework:** Minimum 400 hours, covering core psychotherapy theory, psychopathology, ethics, and any relevant topic related to the approach itself. This theoretical base should provide a broad understanding of the field within and beyond the chosen modality.
 - **Clinical Practice:** At least 400 hours of direct client work performed under the auspices of the training program. These hours must be formally supervised.
 - **Supervision:** A minimum of 150 hours of supervision, provided by a qualified supervisor of the same modality. This supervision must be clinical case supervision.
 - **Personal Therapy/Development:** Required for analytic approaches (minimum 250 hours).
- II. For short-term psychotherapy, a minimum of 800 hours is required as per the following components:
 - **Theoretical Coursework:** Minimum 200 hours, covering core psychotherapy theory, psychopathology, ethics, and any relevant topic related to the approach itself. This theoretical base should provide a broad understanding of the field within and beyond the chosen modality.
 - **Clinical Practice:** At least 400 hours of direct client work performed under the auspices of the training program. These hours must be formally supervised.
 - **Supervision:** A minimum of 200 hours of supervision, provided by a qualified supervisor in the same modality. This supervision must be clinical case supervision.

- **Personal Therapy/Development:** Recommended to support reflective function, self-awareness, and prevent therapist burnout. Specific recommendations for non-analytic approaches are detailed within each modality in the section below.

Training Hours Flexibility: The Lebanese Order of Psychologists permits flexibility in the distribution of individual training component hours (e.g., theoretical coursework, clinical practice, supervision) for both short-term and long-term modalities. This accommodates alternative breakdowns from established international accreditation standards. Such flexibility is contingent on meeting the total minimum training hours (800 for short-term, 1200 for long-term), ensuring equivalent overall competency in supervised experience and theoretical understanding, and adhering to specific international accreditation requirements where applicable (e.g., for highly protocol-driven modalities like EMDR).

Note on Case Requirements Hours: The time dedicated to case requirements, such as writing case notes, preparing for supervision, and documenting client sessions, is considered an integral part of the Supervision and Clinical Practice hours and is therefore not counted as a separate component. However, for highly structured modalities (e.g., DBT, CBT), specific hours may be required for these tasks to ensure adherence to the protocol.

4. Final Evaluation

- Clinical Case Study or/ End of Training Report/Thesis: Completion and submission of a comprehensive clinical case study, demonstrating applied knowledge of the chosen modality, case conceptualization, treatment planning, and ethical considerations.
- A final evaluation of the trainee as per the training center/institute rules and regulations.

5. Professional Affiliation

- a. LOPsy Good Standing: Maintenance of good standing as a licensed psychologist with the Lebanese Order of Psychologists (LOPsy).

6. Ethical and Legal Commitment

- a. LOPsy Code of Ethics: Full adherence to the LOPsy Code of Ethics and all relevant national legal frameworks governing psychological and psychotherapeutic practice in Lebanon.
- b. Continuing Education: Commitment to continuing education and ongoing supervision after certification is strongly encouraged and typically becomes mandatory for maintaining licensure and association affiliations.

7. Accreditation of the Training Centers/Institutes delivering the title of psychotherapist to their members

LOPsy reserves the right to evaluate and accredit the training program of the psychotherapy training centers/institutes leading to the title of Psychotherapist. Hence, the candidate who applies to a training center/institute is advised to check if their program has been accredited by LOPsy, if local institutions, or can be recognized by LOPsy if international institutions. The abovementioned criteria can facilitate the decision of the candidate.

Part 2: Psychotherapeutic Modalities: Definitions and Detailed Training Requirements

This section systematically outlines the minimum training standards for specific recognized psychotherapeutic modalities in Lebanon, aligning with international benchmarks. To provide a clear and organized framework, these modalities are meticulously categorized and presented under the umbrella of the five major schools of psychotherapy, as well as recognizing distinct psychotherapeutic sub-specialties that offer focused training for specific areas of practice.

- I. Psychoanalysis/Psychodynamic Therapies
- II. Cognitive Behavioral Therapies (CBT)
- III. Humanistic/Experiential Therapies
- IV. Systemic Therapies
- V. Integrative Approaches

For each distinct psychotherapeutic approach within these schools, this section provides a clear definition, detailed training requirements (including theoretical modules, supervised clinical practice, ongoing supervision, and essential personal therapy), and the specific criteria for trainers and supervisors. This structured approach ensures a comprehensive understanding of the pathways to becoming a qualified practitioner in each specialized area of psychotherapy in Lebanon.

I. Psychoanalysis / Psychodynamic Therapies

This section introduces Psychoanalysis/Psychodynamic Therapies as an overarching category of approaches rooted in Sigmund Freud's work. They commonly explore unconscious processes, the influence of early experiences, and relational dynamics. The introduction highlights the spectrum within this tradition, ranging from intensive classical Psychoanalysis to more adaptable, often shorter-term psychodynamic therapies, all designed to facilitate insight and foster psychological growth. Below, we will define each of these therapeutic approaches in detail.

1. Psychoanalysis

Definition: Founded by Sigmund Freud, psychoanalysis is a therapeutic approach that focuses on exploring unconscious processes, internal conflicts, dreams, resistance, and transference to bring repressed thoughts and feelings into conscious awareness, aiming for profound personality restructuring.

Minimum Training Standards:

- **Total Duration:** Minimum of 2,500 hours, typically ranging from 5 to 10 years.
- **Theoretical Modules:** Comprehensive study of psychoanalytic theories, including Freudian, Jungian, Klein, Lacanian, etc., as well as contemporary approaches; includes seminars on psychopathology, diagnostic assessment, and clinical techniques.
 - **Theoretical Hours:** Minimum 800 hours.
- **Clinical Practice:** Supervised psychoanalytic treatment of patients.
 - **Direct Patient Contact Hours (Psychoanalytic):** Minimum 700 hours.
- **Supervision:** Regular and ongoing individual and group supervision with experienced psychoanalysts (Training Analysts).

- **Supervision Hours:** Minimum 400 hours.
- **Personal Therapy/Analysis:** Mandatory personal (didactic) psychoanalysis throughout the training period.
 - **Personal Therapy Hours:** Minimum 600 hours.
- **Case Requirements during the training:** Continuous follow-up with a minimum of 2-3 ongoing psychoanalytic cases (control cases) for the duration of analysis, typically reaching a significant depth and length of treatment.
- **Criteria for Trainer¹:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon, coupled with at least 10 years (15 years for master's holders) of post-qualification practice as a psychoanalyst, and formal teaching certification in psychoanalysis from a recognized psychoanalytic institute.
- **Criteria for Supervisor:** Must be a Trainer and additionally must have successfully supervised a full training cycle for at least one candidate, along with institutional validation from a recognized psychoanalytic institute.

Key Figures & References:

Sigmund Freud, Carl Jung, Melanie Klein, Jacques Lacan.

International Psychoanalytical Association (IPA):

https://www.ipa.world/ipa/Education/Training_Standards.aspx

European Federation for Psychoanalytic Psychotherapy (EFPP) - Child and Adolescent Section:

<https://efpp.org/>

American Psychoanalytic Association (APsaA): <https://apsa.org/training-curriculum-requirements>

¹ Trainer, everywhere mentioned in this guideline: A training center/institute established in Lebanon may collaborate with non-Lebanese trainers, affiliated with a recognized institution in the psychotherapy modality, for non-Lebanese trainers, the LOPsy mandatory criteria of holding a degree in psychology may not apply.

2. Psychoanalytic Psychotherapy

Definition: Rooted in psychoanalytic principles, psychoanalytic psychotherapy uses a less intensive, often shorter-term approach than classical psychoanalysis. It focuses on exploring unconscious patterns, early experiences, and relational dynamics to understand present difficulties and foster personal growth.

Minimum Training Standards:

- **Total Duration:** Minimum of 1,200 hours over a period of 4 years
- **Theoretical Modules:** In-depth study of core psychoanalytic and psychodynamic theories, including object relations and relational psychoanalysis; includes seminars on psychopathology, diagnostic assessment, and clinical technique.
 - **Theoretical Hours:** Minimum 400 hours.
- **Clinical Practice:** Supervised psychodynamic therapy sessions with clients, often involving both short-term and long-term cases.
 - **Direct Client Contact Hours:** Minimum 400 hours.
- **Supervision:** Regular individual and possibly group supervision with experienced psychoanalytic psychotherapists.
 - **Supervision Hours:** Minimum 150 hours.
- **Personal Therapy / Analysis:** Mandatory personal psychotherapy, typically psychodynamic, for a significant portion of the training.
 - **Personal Therapy Hours:** Minimum 250 hours.
- **Case Requirements:** Experience with a range of cases, often including at least one long-term supervised case.
- **Criteria for Trainer:** Requires a Master's or a PhD in Psychology, as legally required for practice in Lebanon, coupled with at least 10 years (15 years for master's holders) of post-qualification practice as a psychoanalytic psychotherapist, and formal teaching experience or certification from a recognized psychoanalytic psychotherapy training institute.
- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, have a minimum of 7 years of post-qualification practice as a psychoanalytic psychotherapist, and possess institutional validation from a recognized psychoanalytic psychotherapy institute.

Key Figures & References:

- Sigmund Freud, Anna Freud, Heinz Kohut, Otto Kernberg, Stephen Mitchell.
- International Association for Relational Psychoanalysis & Psychotherapy (IARPP): <https://iarpp.net/>
- The American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPP&P): <https://www.aappp.org/>
- British Psychotherapy Foundation (BPF) - Psychoanalytic Psychotherapy Training: <https://www.britishpsychotherapyfoundation.org.uk/>

3. Psychodynamic Therapy

Definition: Psychodynamic therapy is a less intensive and often shorter-term form of psychotherapy derived from psychoanalytic theory. It focuses on helping clients understand how past experiences, unconscious patterns, and relational dynamics influence their current thoughts, feelings, and behaviors, aiming for symptom relief and improved functioning.

Minimum Training Standards:

- **Total Duration:** Minimum of 800 hours over a period of 3 years on average.
- **Theoretical Modules:** Study of foundational psychodynamic concepts, including unconscious processes, defense mechanisms, transference, countertransference, and early development. May include an overview of different psychodynamic schools of thought.
 - **Theoretical Hours:** Minimum 250 hours.
- **Clinical Practice:** Supervised clinical practice applying psychodynamic principles in therapy sessions.
 - **Direct Client Contact Hours (Psychodynamic):** Minimum 300 hours.
- **Supervision:** Regular individual and/or group supervision from experienced psychodynamic therapists.
 - **Supervision Hours:** Minimum 100 hours.
- **Personal Therapy/Reflection:** Recommended or sometimes required personal therapy (often psychodynamic) to enhance self-awareness.
 - **Recommended Personal Therapy Hours:** Minimum 150 hours.
- **Case Requirements:** Experience with a variety of cases, often including some short-term and potentially one longer-term supervised case.
- **Criteria for Trainer:** Requires a master's or a PhD in Psychology, as legally required for practice in Lebanon coupled with at least 10 years (15 years for Master's holders) of post-qualification practice as a psychodynamic therapist, and experience in teaching or training.
- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, possess at least 7 years of post-qualification practice as a psychodynamic therapist, and demonstrate competency in supervision.

Key Figures & References:

- Sigmund Freud, Anna Freud, Erik Erikson, Melanie Klein (influences).
- Society for Psychotherapy Research (SPR): <https://www.psychotherapyresearch.org/>
- American Psychological Association (APA) - Division 39 (Psychoanalysis): <https://www.apadivisions.org/division-39/>

II. Cognitive Behavioral Therapy

This section introduces Cognitive Behavioral Therapy (CBT) as a comprehensive, evidence-based and goal-oriented therapeutic approaches. Rooted in the principle that psychological problems are often maintained by unhelpful patterns of thinking and behavior, CBT focuses on identifying and directly modifying these patterns. The field has evolved beyond its foundational models to include specialized branches and 'third-wave' therapies such as Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT), which are explored as subspecialties in Part 3 of this document. Below, we will define the core principles and detailed training standards for this foundational therapeutic approach.

1. Cognitive Behavioral Approaches (CBA / CBT)

Definition: A structured, goal-oriented therapeutic approach focused on identifying and changing maladaptive automatic thoughts and dysfunctional behaviors, addressing current problems and symptoms, grounded in empirical evidence and ongoing scientific research.

Note on Scope: The training standards outlined in this section for "Cognitive Behavioral Approaches (CBA / CBT)" are designed to provide comprehensive competence in **foundational CBT**. This includes the principles and techniques derived from both Aaron T. Beck's Cognitive Therapy and Albert Ellis's Rational Emotive Behavior Therapy (REBT). REBT is considered a core, "second-wave" CBT approach and is therefore integrated within these general CBT guidelines, rather than being treated as a separate subspecialty like the "third-wave" therapies (DBT, ACT) presented in Part 3.

Minimum Training Standards:

- **Total Duration:** A Minimum of 800 hours of specialized CBT training over a period of 3 years on average
This period is dedicated to the development of advanced CBT competencies following foundational professional qualification.
- **Theoretical Modules:** Comprehensive study covering core CBT principles, assessment methodologies, and intervention strategies. This includes didactic training on the cognitive model of various psychological disorders (e.g., anxiety, depression, OCD) and the application of evidence-based protocols.
 - **Theoretical Hours:** Minimum 350 hours. (Of these, a minimum of 200 hours should be provided through direct, structured teaching by recognized CBT trainers.)
- **Clinical Practice:** Supervised direct client work, encompassing the systematic application of CBT techniques across a diverse range of presenting issues. Trainees must demonstrate competency in structured case conceptualization, individualized treatment planning, and proficient delivery of evidence-based CBT interventions.

- **Direct Client Contact Hours (CBT):** Minimum 250 hours of clinical practice under supervision.
- **Supervision:** Regular individual and/or group supervision provided by experienced and accredited CBT supervisors. Supervision will focus on case conceptualization, fidelity to CBT models, therapeutic process, outcome monitoring, and ethical considerations. Supervision must include review of clinical work through various means (e.g., audio/video recordings, live observation).
 - **Supervision Hours:** Minimum 150 hours of direct supervision contact. (This includes at least 50 hours of individual supervision. The overall clinical supervision experience should reach a minimum of 200 hours when combined with group supervision and other supervised activities).
- **Personal Development/Self-Reflection:** Engagement in structured personal development activities or self-reflection exercises is crucial for understanding the impact of one's own cognitive, emotional, and behavioral characteristics on clinical work. While personal therapy for a specific disorder is recommended if needed, the focus here is on professional self-awareness.
 - **Personal Development Hours:** Minimum 50 hours (e.g., structured self-practice/self-reflection, or recommended personal therapy).
- **Case Requirements during the training:** Successful completion of a minimum of 8 distinct client cases, treated from assessment to completion/termination. These cases must demonstrate the application of CBT across at least 3 different types of problems, with at least 3 cases being "closely supervised" (involving intensive review of recorded sessions). Documented case conceptualizations, treatment plans, and outcome evaluations are mandatory.
- **Criteria for Trainer:** Requires a Master or a PhD in Psychology, as legally required for practice in Lebanon, followed by recognized CBT therapist accreditation. They must possess at least 10 years (15 years for Master's holders) of post-accreditation practice as a CBT therapist, demonstrate pedagogical competence in delivering CBT, and have formal training in CBT supervision and teaching from a recognized CBT institute or association.
- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, followed by recognized CBT therapist accreditation. They must possess at least 7 years of post-accreditation practice as a CBT therapist, have specific advanced training in CBT supervision, and documented clinical supervision experience, including the ability to provide feedback using recorded material.

Key Figures & References:

- Aaron T. Beck (Cognitive Therapy), Albert Ellis (Rational Emotive Behavior Therapy - REBT), Joseph Wolpe (Systematic Desensitization), B.F. Skinner (Operant Conditioning), Ivan Pavlov (Classical Conditioning).
- European Association for Behavioral and Cognitive Therapies (EABCT): <https://eabct.eu/about-us/accreditation/>
- Beck Institute for Cognitive Behavior Therapy: <https://beckinstitute.org/>
- Academy of Cognitive Therapy (ACT): <https://www.academyofct.org/>

III. Humanistic/Experiential Therapies

This section introduces Humanistic and Experiential Therapies, a diverse group of approaches that emphasize human potential, self-actualization, and the importance of subjective experience. Rooted in philosophical traditions that focus on inherent human goodness and the capacity for growth, these therapies prioritize the client's present experience, personal responsibility, and the therapeutic relationship as a primary vehicle for change. Approaches such as Person-Centered Therapy, Gestalt Therapy, and Existential Therapy fall under this umbrella. Below, we will define the core principles and detailed training standards for each of these foundational therapeutic approaches.

1. Gestalt Therapy

Definition: Gestalt Therapy is an experiential and humanistic form of psychotherapy that emphasizes personal responsibility, focusing on the individual's experience in the present moment ("here and now"), the therapist-client relationship, the environmental and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation.

Minimum Training Standards:

- **Total Duration:** Minimum of 1,200 hours over at least 4 years.
- **Theoretical Module:** In-depth study of Gestalt theory (figure-ground formation, contact, awareness, unfinished business, polarities, creative adjustment), existential phenomenology, field theory, and relational dynamics. Extensive experiential learning.
 - **Theoretical Hours:** Minimum 350 hours.
- **Clinical Practice:** Supervised individual and group therapy, often involving role-playing, demonstrations, and direct application of Gestalt techniques (e.g., empty chair, exaggeration, dream work).
 - **Direct Client Contact Hours:** Minimum 400 hours.
- **Supervision:** Regular individual and group supervision, emphasizing the therapist's presence, awareness, and relational contact with the client, and the application of Gestalt principles.
 - **Supervision Hours:** Minimum 150 hours.
- **Personal Therapy/Group:** Mandatory and extensive personal Gestalt therapy (individual and/or group) to develop self-awareness and experience the therapy from the client's perspective.
 - **Personal Therapy Hours:** Minimum 250 hours.
- **Case Requirements:** Ongoing case presentations and demonstrations of competency in applying Gestalt principles.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon, coupled with at least 10 years (15 years for Master's

holders) of post-qualification practice as a Gestalt therapist, and formal teaching certification from a recognized Gestalt institute.

- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon possess at least 7 years of post-qualification practice as a Gestalt therapist, and demonstrated competency and formal training in Gestalt supervision from a recognized Gestalt institute.

Key Figures & References:

- Fritz Perls, Laura Perls, Paul Goodman.
- Association for the Advancement of Gestalt Therapy (AAGT): <https://www.aagt.org/>
- European Association for Gestalt Therapy (EAGT): <https://eagt.org/>

2. Person-Centered Therapy

Definition: Person-Centered Therapy, developed by Carl Rogers, is a non-directive, humanistic approach that emphasizes the client's capacity for self-healing and growth. It is built on the core conditions of empathy, unconditional positive regard, and congruence (genuineness) from the therapist, creating a safe and trusting environment for the client to explore their feelings and experiences.

Minimum Training Standards:

- **Total Duration:** Minimum of 1,200 hours over at least 4 years.
- **Theoretical Module:** In-depth study of Rogers' core conditions, the actualizing tendency, self-concept, and the philosophy underpinning the person-centered approach. Focus on non-directivity and the therapeutic relationship.
 - **Theoretical Hours:** Minimum 300 hours.
- **Clinical Practice:** Supervised direct client contact, with emphasis on demonstrating the core conditions in practice. Often involves audio or video recordings for supervision.
 - **Direct Client Contact Hours:** Minimum 400 hours.
- **Supervision:** Regular individual and/or group supervision, focusing on the therapist's use of the core conditions, self-awareness, and adherence to person-centered principles.
 - **Supervision Hours:** Minimum 250 hours.
- **Personal Therapy:** Mandatory and extensive personal therapy, typically person-centered, to deepen self-understanding and experience the therapy from the client's perspective.
 - **Personal Therapy Hours:** Minimum 250 hours.
- **Case Requirements:** Submission of case studies or recordings demonstrating proficiency in applying person-centered principles.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon coupled with at least 10 years (15 years for Master's holders) of post-qualification practice as a person-centered therapist, and demonstrated expertise in the person-centered approach and experience in teaching/training.
- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, possess at least 7 years of post-qualification practice as a person-centered therapist, and demonstrated competency in supervision, preferably with specific person-centered supervision training.

Key Figures & References:

- Carl Rogers.
- The Person-Centred Association (PCEPS): <https://www.pceps.org/> (formerly BAPCA, British Association for the Person-Centred Approach)
- World Association for Person-Centered & Experiential Psychotherapy & Counseling (WAPCEPC): <https://www.pce-world.org/>

3. Existential Therapy

Definition: Existential Therapy is a philosophical approach to counseling and psychotherapy that focuses on fundamental human concerns such as death, freedom, responsibility, isolation, and meaning. It helps clients confront the anxieties of life, explore their choices, and take responsibility for creating meaning and purpose in their lives.

Minimum Training Standards:

- **Total Duration:** Minimum of 1,200 hours over at least 4 years.
- **Theoretical Modules:** Deep study of existential philosophy (e.g., Kierkegaard, Nietzsche, Heidegger, Sartre, Buber, Frankl, May, Yalom), its implications for human existence, and its application to clinical practice. Focus on philosophical concepts, not just techniques.
 - **Theoretical Hours:** Minimum 350 hours.
- **Clinical Practice:** Supervised individual therapy sessions where clients explore existential themes. The emphasis is on the relational encounter and the therapist's philosophical stance rather than specific techniques.
 - **Direct Client Contact Hours:** Minimum 400 hours.
- **Supervision:** Regular individual and/or group supervision, focusing on the therapist's ability to engage with existential themes, manage their own existential anxieties, and maintain a philosophical approach to the client's dilemmas.
 - **Supervision Hours:** Minimum 250 hours.
- **Personal Therapy/Philosophical Exploration:** Highly recommended or mandatory personal therapy, often existential, and ongoing personal philosophical reflection to engage with existential questions.
 - **Personal Therapy Hours:** Minimum 200 hours.
- **Case Requirements:** Submission of case studies demonstrating the application of existential principles and philosophical understanding.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon coupled with at least 10 years (15 years for Master's holders) of post-qualification practice as an existential therapist, deep philosophical grounding, and formal teaching experience.
- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, possess at least 7 years of post-qualification practice as an existential therapist, and demonstrated competency in existential practice and supervision.

Key Figures & References:

- Rollo May, Irvin Yalom, Viktor Frankl, R.D. Laing, James Bugental.
- Society for Existential Analysis (SEA): <https://www.existentialanalysis.org.uk/>
- International Federation for Existential Psychotherapy (IFEP): <https://ifexistentialpsychotherapy.com/>

IV. Systemic Therapies

Definition: Systemic Therapy (often called Family Therapy) is a unique approach that views individuals within the context of their interconnected relationships and larger systems (such as family, couple, or community). Problems are understood not as isolated to an individual, but as arising from and maintained by patterns of interaction and communication within these systems. Interventions focus on identifying and transforming these relational dynamics and communication patterns to facilitate change for all members within the system.

1. Systemic Therapy

Definition: Systemic Therapy (often called Family Therapy) views individuals as part of larger interconnected systems (e.g., family, couple, community) and understands problems as stemming from patterns and interactions within these systems rather than solely within an individual. Interventions focus on changing relational dynamics and communication patterns.

Minimum Training Standards:

- **Total Duration:** Minimum of 800 hours over at least 3 years.
- **Theoretical Modules:** Comprehensive study of various foundational and influential systemic models and concepts, including but not limited to structural, strategic, Milan, narrative, Bowenian, and transgenerational approaches. This also encompasses the study of cybernetics, communication theory, and family development.
 - **Theoretical Hours:** Minimum 250 hours.
- **Clinical Practice:** Extensive supervised clinical work with families, couples, and sometimes individuals from a systemic perspective. Often involves live supervision (e.g., through a one-way mirror) or video review.
 - **Direct Client Contact Hours:** Minimum 350 hours.
- **Supervision:** Regular individual and group supervision specifically focused on systemic case conceptualization, intervention planning, and the therapist's use of self within the system. Live supervision is a hallmark.
 - **Supervision Hours:** Minimum 150 hours.
- **Personal Development/Family-of-Origin Work:** Recommended personal development and often specific family-of-origin work to understand one's own systemic influences.
 - **Personal Development:** Minimum 50 hours (if integrated and formally required as part of the program).
- **Case Requirements:** Continuous work with multiple cases, demonstrating the ability to conceptualize and intervene systemically.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon, coupled with at least 7-10 years (15 years for master's holders) of post-qualification practice as a systemic therapist, and formal teaching certification and recognition from a recognized systemic therapy institute.

- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, possess at least 5-7 years of post-qualification practice as a systemic therapist, and demonstrated competency and formal training in systemic supervision, often including live supervision.

Key Figures & References:

- Salvador Minuchin, Jay Haley, Virginia Satir, Murray Bowen, Gregory Bateson, The Milan Systemic School.
- American Association for Marriage and Family Therapy (AAMFT): <https://www.aamft.org/>
- European Family Therapy Association (EFTA): <https://www.europeanfamilytherapy.eu/>
- International Family Therapy Association (IFTA): <https://ifta.org/>

V. Integrative Approaches

This section explores **Integrative Approaches** in psychotherapy, which are characterized by their evolution from, or principled and systematic synthesis of, concepts and techniques drawn from different established therapeutic schools. Rather than adhering to a single theoretical framework in isolation, these approaches coherently blend elements from various modalities (such as psychodynamic, humanistic, cognitive-behavioral, and systemic) to create a more flexible, comprehensive, and tailored treatment for the client. The aim is to enhance the effectiveness of therapy by recognizing the multifaceted nature of human experience and psychological distress. Each approach within this section has developed its own distinct theoretical rationale and methodology, supported by evidence of its unique efficacy, ensuring it is a unified and internally consistent therapeutic system, distinct from mere technical eclecticism.

For the purpose of these guidelines, we will detail three prominent integrative approaches: **Eye Movement Desensitization and Reprocessing (EMDR)**, **Psycho-organic Analysis**, and **Analytico-Systemic Analysis**. It is important to note that this list is not exhaustive, and future iterations of these guidelines may include additional integrative modalities as they gain further recognition and established training standards.

1. Eye Movement Desensitization and Reprocessing (EMDR) as a Comprehensive Psychotherapy Modality

Definition: A trauma-focused psychotherapy that uses bilateral stimulation (e.g., eye movements, taps, tones) to help individuals process and integrate traumatic memories and other distressing experiences, reducing their emotional impact. It is structured, protocol-driven, and highly effective for PTSD and other trauma-related conditions. **For training that covers the foundational EMDR protocols and qualifies a clinician for basic application, please refer to Part 3: Specialized Training and Advanced Skills.**

Minimum Training Standards:

- **Total Duration:** Minimum of 800 hours over at least 3 years, to meet comprehensive international and national (LOPsy) standards for a structured modality.
- **Theoretical Modules:** In-depth study of EMDR principles, the Adaptive Information Processing (AIP) model, and all standard EMDR protocols (8 phases, 3 prongs). Includes foundational theory, clinical applications, and advanced topics.
 - **Theoretical Hours:** Minimum 200 hours (including didactic instruction, lectures, and required readings).
- **Clinical Practice:** Extensive supervised EMDR sessions with clients, demonstrating proficiency in all phases and protocols of EMDR therapy. Emphasis on ethical application, case conceptualization, and client safety.
 - **Direct Client Contact Hours (EMDR):** Minimum 350 hours of direct clinical work applying EMDR with clients.

- **Supervision:** Regular individual and and/or group consultation with an EMDR Europe accredited consultant (or equivalent international body). Focus on case conceptualization, protocol adherence, managing complex cases, and therapist self-care within the EMDR framework.
 - **Supervision Hours:** Minimum 150 hours of consultation/supervision specific to EMDR practice.
- **Personal Therapy/Analysis:** Personal EMDR therapy is highly recommended for self-processing of personal material to enhance therapist's capacity and experience the therapy from the client's perspective.
 - **Recommended Personal Therapy Hours:** Minimum 100 hours of personal therapy, including EMDR.
- **Case Requirements:** Completion of EMDR with at least 25 patients, demonstrating successful application of EMDR protocols across various clinical presentations. At least 1 reviewed case submitted for final evaluation.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology as legally required for practice in Lebanon, coupled with at least of 10 years (15 years for Master's holders) of post-certification experience as an EMDR therapist. Must hold EMDRIA-approved trainer status (or equivalent international body), requiring extensive experience as an EMDR therapist, consultant, and successful completion of a rigorous trainer-of-trainers program.
- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, possess at least 5 years of post-certification practice as an EMDR therapist and hold EMDRIA-approved consultant status (or equivalent international body). This requires completion of advanced EMDR training and specific formal training in consultation.

Key Figures & References:

- Francine Shapiro.
- EMDR Europe : <https://emdr-europe.org/>
- EMDR International Association (EMDRIA): <https://www.emdria.org/>
- EMDR Global Alliance.

2. Psycho-organic Analysis

Definition: A therapeutic approach integrating psychoanalytic, humanistic, and psycho-organic principles. It draws on symbolic work, breathing techniques, verbal expression, dream work, body exercises, psychodrama, and more to address psychic difficulties. It emphasizes the deep connection between thought, emotion, and the body by working with both conscious and unconscious processes as they manifest in the somatic register.

Minimum Training Standards

- **Total Duration: 1,220 hours** over a period of 4 years.
- **Theoretical Modules:** In-depth study of psychoanalytic psychotherapy theories and techniques integrated with psycho-organic principles, including neuroscience, developmental psychology, and mind-body integration.
- **Clinical Practice:** Supervised psychoanalytic psychotherapy sessions focusing on mind-body integration, emotional expression through the body, and work with unconscious organic processes.
 - **Theoretical and Practical Hours:** 820 hours (including theoretical courses, methodology, therapeutic techniques, and preparation of a personal dissertation).
- **Supervision:** Ongoing individual and group supervision by qualified psychoanalytic psychotherapists trained and accredited in Psycho-Organic Analysis, focusing on clinical application and countertransference reactions in body-centered work.
 - **Supervision Hours:** Minimum 150 hours.

Personal Therapy (Individual and Group) / Personal Analysis: A comprehensive personal analytic process (typically in Psycho-Organic Analysis) is mandatory throughout the training. This fosters deep self-awareness and integration of theoretical concepts into personal experience.

- **Personal Therapy Hours:** Minimum 250 hours.
- **Case Requirements:** Successful completion of supervised cases across various contexts, demonstrating the effective application of psycho-organic principles and body-mind integration. Completion of the basic training requires the submission of a final dissertation.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology as legally required for practice in Lebanon, coupled with at least 10 years (15 years for Master's holders) of post-certification experience as a certified Psycho-organic Analyst. Must have at least 90 hours of pedagogical training for trainers and formal recognition from a recognized psycho-organic analysis institute.

- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon possess at least 10 years of post-certification practice as a Psycho-organic Analyst, with a minimum of 300 hours of post-certification supervision experience. Must demonstrate successful assessment of supervision skills by an APO accredited body and institutional validation from a recognized psycho-organic analysis institute.

Key Figures & References

- Paul & Joelle Boyesen,
- European Federation of Psycho-Organic Analysis (EAPOA) - Training Standards.

3. Analytico-Systemic Analysis

Definition: An integrative therapeutic approach that combines insights from psychoanalytic theories (e.g., unconscious dynamics, transference, early object relations) with systemic intervention models (e.g., relational patterns, family dynamics, communication). It focuses on understanding and intervening in psychological issues by exploring the interplay between intrapsychic processes and interpersonal/systemic patterns within families, couples, and other relational systems.

Minimum Training Standards:

- **Total Duration:** Minimum of 1,200 hours over at least 4 years (as per general long-term modality standards for complex integrative approaches).
- **Theoretical Modules:** In-depth study of both psychoanalytic and systemic theories, with a specific emphasis on their sophisticated integration, including areas such as attachment theory, intergenerational patterns, triangulation, and unconscious communication within systems.
 - **Theoretical Hours:** Minimum 450 hours (including seminars, workshops, integrative theory courses, and required self-directed study).
- **Clinical Practice:** Supervised sessions focusing primarily on couples, families, or groups, with individual sessions viewed systemically, all while integrating analytic perspectives on unconscious dynamics, transference, and countertransference within the relational field.
 - **Direct Client Contact Hours:** Minimum 400 hours.
- **Supervision:** Regular and continuous individual and group supervision with experienced analytico-systemic therapists. Emphasis on case-based supervision that illuminates the integration of analytic and systemic dimensions, including the therapist's role and emotional experience within the complex relational dynamics.
 - **Supervision Hours:** Minimum 150 hours.
- **Personal Therapy/Analysis:** Mandatory extensive personal therapy throughout training is required, ideally with an analytico-systemic or integrative psychotherapist, to develop deep self-awareness, process personal dynamics influencing systemic work, and experience the integration from the client's perspective. Participation in additional personal development activities is also recommended.
 - **Personal Therapy Hours:** Minimum 200 hours.
- **Case Requirements:** At least 5 documented cases, demonstrating the sophisticated integration of both analytic and systemic principles in assessment, formulation, and intervention. A dissertation with detailed clinical cases is typically required as a culminating project.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon, coupled with at least 10 years (15 years for Master's holders) of post-certification experience in analytico-systemic therapy. Must possess dual qualification or deep expertise in both psychoanalysis /psychodynamic therapy and systemic therapy, along with demonstrated pedagogical training and formal teaching certification from a specialized analytico-Systemic or integrative institute.

- **Criteria for Supervisor:** Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, possess at least 5-7 years of post-certification practice as an analytico-systemic therapist, with a minimum of 300 hours of post-certification supervision experience. Must demonstrate advanced competency in case guidance and active participation in supervision training, with formal accreditation from a relevant analytico-Systemic or integrative association and institutional validation.

Key Figures & References:

- Pierre Fédida, Mareike Wolf-Fédida.
- European Family Therapy Association (EFTA): <https://www.europeanfamilytherapy.eu/> (relevant for systemic integration).
- Relevant analytic therapy organizations.
- IEPTA (International Experiential Psychotherapy Association).
- European integrative schools – IPIS (International Psychotherapy Institute for Integrative Psychotherapy and Systemic Therapy).

Part 3: Psychotherapeutic Sub-Specialties: Focused Training Requirements

While Part 2 details the comprehensive training for the major psychotherapeutic modalities, which equips practitioners for broad-based practice within their chosen schools, the field of psychotherapy also encompasses numerous highly specialized and effective approaches. These Psychotherapeutic Sub-Specialties are defined by their focused application to specific problems, populations, or their utilization of targeted interventions. They are built upon a foundational understanding of mental health and ethical practice but do not require the extensive hours of major modalities. Instead, their training is designed to provide concentrated expertise in a particular area. **For each recognized psychotherapeutic sub-specialty, such as Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Eye Movement Desensitization and Reprocessing (EMDR) – Subspecialty Certification, and Schema Therapy - Advanced Level Certification**, this section will outline its clear definition and distinct training requirements. These requirements, while less extensive than those for major modalities, will nonetheless specify the necessary theoretical instruction, supervised clinical hours focused on the sub-specialty, dedicated supervision, and the criteria for qualified trainers and supervisors. This ensures that even for highly specialized practice, practitioners meet rigorous standards of competence and ethical conduct in Lebanon. It is important to note that this list of sub-specialties is not exhaustive, and other specialized approaches may be added in future iterations of these guidelines.

1. Dialectical Behavior Therapy (DBT)

Definition: A comprehensive cognitive-behavioral treatment developed by Marsha Linehan, specifically designed for individuals with borderline personality disorder, combining CBT techniques with mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills.

Minimum Training Standards:

- **Total Duration:** the duration of the training varies, but it typically includes intensive workshops and ongoing consultation. Approximately 1 year of foundational training + 12 months of active participation in a DBT team.
 - **Estimated Total Hours:** Minimum 300 hours (combining all components).
- **Theoretical Modules:** Study of DBT principles, including mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
 - **Specific Theoretical Hours:** At least **80 hours** of dedicated theory training (reflecting common intensive workshop durations and including additional study time).
- **Clinical Practice:** Supervised DBT sessions with clients, including individual therapy and skills group facilitation.
 - **Estimated Direct Client Contact Hours (DBT):** Minimum 100 hours (includes individual sessions and skills group leadership).
- **Supervision:** Regular (weekly) consultation with experienced DBT practitioners within a DBT consultation team. This is a core component for fidelity to the model.

- **Specific Supervision Hours:** Minimum 70 hours (e.g., weekly consultation for 1 year and additional time for case preparation).
- **Personal Therapy/Analysis:** Personal therapy is mandatory for DBT practitioners. Engagement in mindfulness practices is strongly encouraged.
 - **Specific Personal Therapy Hours:** Minimum 50 hours.
- **Case Requirements:** At least 3 recorded sessions reviewed in supervision, demonstrating adherence to DBT protocols. Active participation in a DBT consultation team is mandatory.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon. At least 7 years of experience practicing comprehensive DBT with fidelity + active and consistent participation in a DBT team for at least 3 years. Often requires certification from a recognized DBT training organization (e.g., DBT-Linehan Board of Certification) or demonstrable equivalent expertise.
- **Criteria for Supervisor:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon. At least 5 years of post-qualification experience in delivering comprehensive DBT with fidelity + demonstrated competency in applying DBT + active participation in a DBT consultation team + often requires specific training in DBT supervision/consultation.

Key Figures & References:

- Marsha Linehan
- Linehan Institute, Behavioral Tech, and affiliated DBT training programs.

2. Acceptance and Commitment Therapy (ACT)

Definition: A "third-wave" cognitive-behavioral therapy that emphasizes psychological flexibility through processes such as mindfulness, acceptance of psychological discomfort, cognitive diffusion, and committed action aligned with personal values.

Minimum Training Standards:

- **Total Duration:** The duration of the training varies; typically includes workshops, self-study, and supervised practice. Approximately 1 year of dedicated training.
 - **Estimated Total Hours:** Minimum 200 hours.
- **Theoretical Instruction:** Study of ACT principles, including cognitive diffusion, acceptance, and values-based action, contextually.
 - **Specific Theoretical Hours:** At least 40 hours of dedicated theory training.
- **Clinical Practice:** Supervised ACT sessions with clients.
 - **Estimated Direct Client Contact Hours (ACT):** Minimum 80 hours.
- **Supervision: Regular supervision with experienced ACT practitioners.**
 - **Specific Supervision Hours:** Minimum 40 hours of supervision (at least 20 hours individual supervision recommended).
- **Personal Therapy/Analysis:** Engagement in ACT processes is encouraged. Mandatory and validated personal therapy is required.
 - **Specific Personal Therapy Hours:** Minimum 40 hours (personal experience with ACT processes).
- **Case Requirements:** Cases regularly reviewed in supervision, demonstrating application of ACT principles.
- **Criteria for Trainer:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon. Recognized as an ACBS (Association for Contextual Behavioral Science) peer-reviewed trainer, which signifies significant experience (e.g., 7 years post-qualification), active involvement in the ACT community, and demonstrated expertise in delivering and training ACT.
- **Criteria for Supervisor:** Requires a Master's or PhD in Psychology, as legally required for practice in Lebanon. Significant post-qualification experience (e.g., 5 years) in delivering ACT + demonstrated competency in applying ACT + often requires specific training in ACT supervision or peer validation within the ACT community.

Key Figures & References:

- Steven C. Hayes
- Association for Contextual Behavioral Science (ACBS) training guidelines.

3. Eye Movement Desensitization and Reprocessing (EMDR) - Subspecialty Certification

Definition: An integrative psychotherapy approach designed to alleviate the distress associated with traumatic memories. It involves the use of bilateral stimulation (e.g., eye movements, tones, or taps) to help clients reprocess traumatic events. This section outlines the requirements for achieving a certified EMDR subspecialty, which is distinct from comprehensive, full-modality training.

Minimum Training Standards:

- **Total Duration:** Minimum of 200 hours over at least 1-2 years. This duration aligns with the full certification pathway (e.g., EMDRIA Certified Therapist), which goes beyond the initial basic training.
- **Theoretical Modules:** In-depth study of the Adaptive Information Processing (AIP) model, the 8 Phases of EMDR, and standard EMDR protocols for various populations and clinical issues.
 - **Theoretical Hours:** Minimum 40 hours of instructional material (didactic lectures, presentations, and advanced workshops).
- **Clinical Practice:** Supervised clinical application of EMDR with clients. This includes both the initial practicum during basic training and extensive post-training sessions required for certification.
 - **Direct Client Contact Hours:** Minimum 100 hours (includes a minimum of 50 sessions with at least 25 different clients using EMDR after basic training).
- **Supervision: Regular and continuous consultation:** with an EMDRIA / EMDR Europe Approved Consultant to support the integration of EMDR skills into practice and ensure fidelity to the model.
 - **Supervision Hours:** Minimum 40 hours of consultation with an approved consultant (20 hours of basic training consultation and 20 hours of additional post-training consultation).
- **Personal Therapy/Analysis:** Experience with personal therapy is highly recommended for all practitioners. Personal experience with EMDR processes is also encouraged to deepen understanding and address the potential for vicarious trauma.
 - **Personal Therapy Hours:** A minimum of 20 hours of personal therapy is recommended.
- **Case Requirements:** A minimum of 50 EMDR sessions with at least 25 different clients is required for certification. These cases must be documented and discussed during supervision to demonstrate the application of EMDR principles and protocols.

Criteria for Trainer (Subspecialty Certification): Must hold a Master's or PhD in Psychology, as legally required for practice in Lebanon, and be an EMDRIA/EMDR Europe Approved Trainer. This status requires extensive experience as an EMDR therapist, consultant, and successful completion of a rigorous trainer-of-trainers program.

Criteria for Supervisor: Must hold a Master's or PhD in psychology, as legally required for practice in Lebanon, and have at least 5 years of post-certification experience as an EMDR therapist. The supervisor must hold an EMDRIA / EMDR Europe Approved Consultant status, which requires advanced EMDR training and specific formal training in consultation.

key Figures & References:

- Francine Shapiro
- EMDR International Association (EMDRIA), EMDR Europe Association.

4. Schema Therapy - Advanced Level Certification

Definition: An integrative psychotherapy approach developed by Jeffrey Young, which expands on cognitive-behavioral therapy by incorporating elements from psychodynamic, attachment, gestalt, and experiential therapies. It focuses on identifying and modifying early maladaptive schemas. Advanced Level certification is for professionals who have already completed Standard Level and want to deepen their skills to work with more complex cases.

Minimum Training Standards:

- **Total Duration:** Minimum of 280 hours, accumulated over at least 2-3 years after a Master's degree. This includes all didactic, supervision, and clinical hours required to meet ISST criteria.
- **Theoretical Modules:** Comprehensive study of Schema Therapy concepts, including schemas, coping styles, modes, assessment tools, and specific advanced interventions for complex cases.
 - **Theoretical Hours:** A minimum of 40 hours of didactic workshops/training is required.
- **Clinical Practice:** Treatment of a wide range of clients using Schema Therapy, demonstrating the ability to handle complex and challenging presentations with high fidelity to the model.
 - **Direct Client Contact Hours:** A minimum of 200 hours of direct clinical work applying Schema Therapy is required.
- **Supervision:** Regular individual supervision with an ISST Certified Supervisor. The focus is on advanced case conceptualization, intervention selection, and fidelity to the model.
 - **Supervision Hours:** A minimum of 40 hours of individual supervision is required.
- **Personal Therapy/Experiential Work:** Personal Therapy Hours: Not a fixed number, but a mandatory part of the learning process.
- **Case Requirements:** The program requires the treatment of at least 4 cases with Schema Therapy, each with a minimum of 25 therapy hours. At least one case must involve a client with **Borderline Personality Disorder**, and a second must involve a different personality disorder. For certification, the submission of a total of 4 video or audio recordings is required for review, with a minimum competency score of 4.5 on the Schema Therapist Competency Rating Scale (STCRS) achieved on two of those recordings from an independent rater.
- **Criteria for Trainer (Advanced Certification):** Must hold a Master's or PhD in psychology, as legally required for practice in Lebanon. Must be an ISST Certified Trainer, which entails having Advanced Certification in Schema Therapy, extensive clinical experience (typically at least 5 years post-certification), demonstrated expertise in training, and formal recognition by the ISST.

- **Criteria for Supervisor (Advanced Certification):** Must hold a Master's or PhD in psychology, as legally required for practice in Lebanon. Must be an ISST Certified Supervisor. This requires Advanced Certification, significant post-certification experience (e.g., 3-5 years) in delivering Schema Therapy, and specific formal training in Schema Therapy supervision.

Key Figures & References:

- Jeffrey E. Young
- International Society of Schema Therapy (ISST).