

Masters in psychotherapy:

Trainees have an option to register for and continue into Community Mental Health Master's degree / Psychotherapy Track, which will require successful completion of 10 extra hours for research and thesis. Trainees wishing to apply and register for Masters must fulfil additional entry requirements.

Accreditation:

After the completion of two years of training for each group, graduates will receive an accredited Higher Diploma in Psychotherapy, which Al-Quds University, through Ministry of Education & Higher Education (MOEHE), agreed to certify the first two years of the training program with a Diploma in Psychotherapy. This will enable them in continue towards a Master's Degree, if they decide.

Program Tuition fees & Scholarships:

Trainees are required to pay 30% of the tuition fees. Each selected trainee will be offered a scholarship covering remaining 70% of the tuition (45% covered by Sunna Al-Amal and 25% by Al-Quds University). Other application and registration fees shall be payable by trainees to Al-Quds University.

Entry Requirements:

Applicant trainees must:

- At least 2 years of experience of working in Mental Health field.
- Be a current employment at an organization/institution/center/clinic offering mental health services in the West Bank and Jerusalem.
- Be able to commit to at least 2 years of training.
- Hold a BA (with an average not less than 70%) in psychotherapy, counselling, therapy, social work or other mental or psychosocial health related subject.
- Reasonable English proficiency in writing, reading and speaking (preferably TOFEL Exam).
- Currently working with individual and group cases within his/her working institution/organization/center etc.
- High motivation to learn and develop professionally.



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“In-depth Clinical Psychotherapy Training Program for Mental Health Specialists in Palestine”

2nd. group: September 2017 – June 2019

Are you working with clients and need a qualification?

Do you want to develop your work to become a qualified psychotherapist?

Or are you an institution providing mental health services and wish to offer a quality psychotherapy for your clients?

In-depth psychotherapy training program for Mental Health Specialists in Palestine”

The program is designed to provide a locally- based and culturally-adapted developmental psychotherapy training which combines theory with practice. It is offered to experienced counselors, therapists, psychiatrists, and social workers who wish to become qualified, self-reflected and practice-oriented psychotherapists.

Sunna Al-Amal is a non-profit, developmental organization, established in 2014 to create a fundamental transformation in the lives of individuals in general and marginalized communities, particularly through efficient contribution towards enhancing the psychosocial well-being and improving the social, economic and human rights' circumstances.

Program Information:

Lectures
at Al-Quds University
in Abu-Dis

Clinical Practice, Clinical Residency & Internship
In different mental health institutions throughout the West Bank and Jerusalem

Group supervision, Individual Supervision & Seminars
at Sunna Al-Amal Center in Bethlehem

Program Accreditation
by Ministry of Education and Higher Education from Al-Quds University

Scholarships offered



Program Aim:

- To provide in-depth clinical training in psychotherapy to appropriately trained and already working counsellors, social workers, psychologists and other Mental Health specialists.
- To form a solid human resource basis of qualified Psychotherapists.
- To improve the quality of mental health support services delivered to the community.
- To increase the professional and technical capacities of Mental Health organizations through the trainees.

Program Structure:

The program consists of theoretical, experiential, psychotherapeutic and supervisory components and encourages critical engagement with the theory and practice of psychotherapy.

In-depth Clinical training in psychotherapy:

The program takes place two days a week 9am-4pm at Al-Quds University. The program consists of weekly lecturers at Al-Quds University in Abu Dis, plus at least 4 hours of weekly-supervised clinical practice, plus 2 hours weekly supervision and psychotherapy sessions. The program includes additional 40 hours seminars during the program.

First Semester	Second Semester
<ul style="list-style-type: none">- Psychopathology & Diagnosis- Theories of counseling & psychotherapy- Developmental Psychology- Individual therapy- Clinical practice in psychotherapy	<ul style="list-style-type: none">- Expressive Therapy- Group interventions- Diagnosis tests and psychometrics- Cognitive behavior therapy- Residency I
Third Semester	Forth Semester
<ul style="list-style-type: none">- Child and Adolescent mental health- Psychodynamic psychotherapies- Family and Couples Therapy- Residency II	<ul style="list-style-type: none">- Elective courses:<ol style="list-style-type: none">1. Intervention in crisis and trauma2. Psychopharmacology3. Women's Mental Health

Lectures:

Theory and practice are evaluated through process of reading, exploration, experimental learning, critical discussions, theoretical input and research. Lectures and seminars will establish the extended theoretical base and systemic exposure to the practical field. The program will include additional techniques and skills such as couple and family therapy, group therapy, C.B.T, behavioral therapy, psychotherapy and art therapy.

Seminars:

Clinical seminars aim to introduce the trainees to new approaches and experiences, including theoretical approaches that can be used in practical ways at work. Suggested subjects may include School counseling, Personality testing, Alternative therapies, Behavioral therapy, Trauma, Health education, Expressive Art Therapy, psychopharmacology. Other subjects will be integrated into the clinical seminars.

Supervision:

The supervision focuses on the practical psychotherapeutic work that is done by trainees and the intrapsychic and inter psychic process that trainees go through. Group and individual supervision are conducted at Sunna Al-Amal center by approved psychotherapists. Group supervision will include presenting and analysis of cases, exchanging lessons learned and self-reflection. Individual supervision will be given in clinical settings by clinical supervisors who work at the trainees' mental health institutions in addition to 1-hour individual supervision for each trainee per month provided by Sunna Al-Amal

Clinical Practice:

This supervised clinical practice takes place at Bethlehem Psychiatric Hospital during the first semester and exposes trainees to psychology and severe mental disorders.

Residency & Internship:

They will get practical training from another Mental Health organization, rather than just the one they work at (to take place during the summer between Year 1 and Year 2, when there are no university lectures taking place).

Follow-up supervision:

Similar to Individual supervision, follow-up supervision is provided for each trainee at least one time each month. A different supervisor than the one assigned to provide Individual supervision provides this service, which is designed to provide the trainee with an alternate viewpoint, advice, and supervisory communication. It also represents a chance for trainees to discuss difficult cases and issues faced at the institutions where they work.

Assessment:

Assessment is ongoing. The staff, the University, supervisors, Mental Health institutions and self-assessment procedures assess trainees. Trainees are required to submit monthly reports and present several patient cases. University is required to submit pre-evaluation regarding the trainees' academic progress. Supervisors are required to submit monthly reports and pre-evaluations concerning the trainees' development and will be looking for congruence between the trainees' theoretical knowledge and their psychotherapy practice both in their live psychotherapy and in their ongoing casework. The program requires successful completion of all courses.