

# Clinical Training Information

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IDRAAC provides an opportunity for clinical mental health training in the following specialties:

1. [Medicine: medical students, interns, residents](#)
2. [Psychology: graduates with a bachelor's, master's, doctoral and postdoctoral degree](#)
3. [Nursing: undergraduate and postgraduate](#)
4. [Pharmacists](#)
5. [Social workers](#)

## **THE TEAM AND WORK ORGANIZATION:**

Clinical training is offered by members of M.I.N.D and IDRAAC who typically work in a multidisciplinary team setting. Most specialties interact daily on most inpatients and many outpatients. Trainees are grouped by their background and work together in teams.

## **THE SETTING:**

The clinical training is provided by IDRAAC in association with the Medical Institute for Neuropsychological Disorders ([M.I.N.D.](#)) and the Department of Psychiatry and Psychology at St. George Hospital University Medical Center and Balamand University Faculty of Medicine. The setting consists of a psychiatric inpatient unit, outpatient clinics and emergency room services. It also includes consultation liaison services with other specialties such as neurology, internal medicine, cardiology, pediatrics, as well as extramural programs (home, schools, and special centers...). The acute psychiatric inpatient unit is located on a special floor of a general hospital (St George Hospital, Beirut, Lebanon). The Psychiatry and Psychology outpatient services are provided by MIND's outpatient clinics, located at St. George Hospital University Medical Center in Ashrafieh, and in Ras-Beirut area. Specialized services are offered in the field of child, adolescent, and adult and geriatric psychiatry and psychology.

## **Medicine: medical students, interns, residents:**

IDRAAC members have trained medical students interns and residents from several universities in Lebanon in the context of the Department of Psychiatry and Clinical Psychology, St. George Hospital University Medical Center and Balamand University, Faculty of Medicine. Such training follows the well-recognized structured training offered at other well established academic centers: rounds, seminars, journal clubs, assigned readings, research papers, and supervised practice etc...Training of Medical students, interns and residents is conducted in conjunction with the Balamand University Medical School and St. George Hospital University Medical Center.

It varies with the level of education and special interests of the candidate, keeping in mind the applicant's needs and time availability.

### **Didactic sessions:**

These include a series of seminars, educational audio-visual sessions, lectures, group-meetings, journal clubs, conferences and grand-rounds. They cover topics of major importance such as general psychopathology, psychiatric epidemiology, case studies, reviews of the psychiatry and psychology literature, and critical discussions on specific clinical cases or specific findings.

### **Training on instruments:**

This includes administration and interpretation of clinical scales for evaluating the progress of a variety of specific disorders (Hamilton scales, Beck Depression and Anxiety scales, Y-BOCS, PANSS, Barkley scales, GDS, HADS, CDR, MMSE, etc...). The aforementioned instruments have been adapted by IDRAAC into Arabic for research purposes (see research instruments).

### **Supervised observation and clinical practice:**

Supervised observation and clinical practice of the trainees is ensured through regular group-meetings and group-discussions, through direct observation of the trainee's work by a senior clinician, and through written feedback and comments also provided by examining the reports and other written work that is required from them on a regular basis. The clinical work spans over several areas: acute inpatient psychiatric care, outpatient psychiatric care, emergency room, and consultation liaison.

### **Accreditation of the training by IDRAAC:**

Official Certificates are provided by IDRAAC upon completion of the training module. For Clinical training, accreditation and certification is by the Balamand University, Faculty of Medicine. For Research training, the accreditation and certification is by IDRAAC.

### **Application procedure:**

The application file must include the following documents:

- A statement of goals (purpose).
- A resume (curriculum vitae).
- A copy of transcripts (undergraduate and graduate).
- Two letters of recommendation from a university tutor or head of program.

A personal interview with the applicant in addition to a review of his/her application file is also required.

### **Psychology: graduates with a bachelor's, master's, doctoral and postdoctoral degree:**

IDRAAC has trained psychology students (BA, MA, PhD), from several universities in Lebanon in association with the Department of Psychiatry and Clinical Psychology, St. George Hospital University Medical Center and Balamand University, Faculty of Medicine . IDRAAC's training of psychology students follows the well recognized

structured training offered at other well established academic centers: rounds, seminars, journal clubs, assigned readings, research papers, and supervised practice etc... The training varies with the level of education and special interests of the candidate, keeping in mind the applicant's needs and time availability.

IDRAAC's clinical training program in Psychology is organized into three independent modules for the convenience of the students. The training is as follows:

1- Clinical evaluation: this module focuses on clinical interview skills, case-conceptualization, and follow-up of patients based on the international classifications of psychiatric and psychological disorders. It requires a pre-requisite course in psychopathology.

2- Psychological testing and cognitive evaluation: This module focuses on diagnosis of disorders related to intelligence, attention, learning process... using test administration and interpretation of psychological assessment tools, (IQ and other Cognitive tests, Clinical scales...) and report writing. It requires a pre-requisite course in cognitive development, the theory of intelligence and intelligent testing.

3- Psychotherapy: The Department of Psychiatry and Clinical Psychology is in the process of putting together a professional master degree in Cognitive Behaviour Therapy. This program would be in conjunction with the Faculty of Medicine, Balamand University and IDRAAC.

It is a 2 year training program fulfilling the requirements for accreditation as set by the EABCT (European Association for Behavioral and Cognitive Therapy), in terms of teaching, practicum and supervision.

Part of the teaching (theoretical part and skills training) will be taught by guest speakers coming from Europe and the U.S. the other part will be ensured by the Department of Psychiatry and Clinical Psychology at St. George Hospital University Medical Center and Balamand University, Faculty of Medicine.

The official language of teaching is English.

### **Didactic sessions:**

These include a series of seminars, educational audio-visual sessions, lectures, group-meetings, journal clubs, conferences and grand-rounds. These sessions cover topics that are of major importance, such as general psychopathology, specific clinical concepts in psychology, psychiatric epidemiology, case studies, review of the psychiatry and psychology literature, and critical discussions on specific clinical cases or specific findings.

### **Training on instruments:**

This may include administration and interpretation of cognitive tests (IQ batteries, computer tests...), and report writing, clinical scales for evaluating the progress of a variety of specific disorders (Hamilton scales, Beck Depression and Anxiety scales, Y-BOCS, PANSS, Barkley scales...). The aforementioned instruments have been adapted by IDRAAC into Arabic for research purposes (see research instruments).

## **Supervised observation and clinical practice:**

Supervised observation and clinical practice of the trainees is ensured through regular group-meetings and group-discussions, through direct observation of the trainee's work by a senior clinician, and through written feedback and comments also provided by a senior clinician regarding the reports and other written work that is required from them on a regular basis. These obviously may vary from a module to another, and include one-to-one as well as group supervision. The clinical work spans over several areas: acute

inpatient psychiatric care, outpatient psychiatric care, emergency room, and consultation liaison, doing diagnostic evaluation and follow ups, psychological testing, family assessment, couples therapy, individual cognitive-behavioral therapy and applied play therapy for children.

## **Accreditation of the training by IDRAAC:**

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## **Application Procedure:**

The application file must include the following documents:

- A statement of goals (purpose).
- A resume (curriculum vitae).
- A copy of transcripts (undergraduate and graduate).
- Two letters of recommendation from a university tutor or head of program.

A personal interview with the applicant in addition to a review of his/her application file is also required.

## **Nursing: undergraduate and graduate students:**

IDRAAC has trained nursing students from several universities in Lebanon in association with the Department of Psychiatry and Clinical Psychology, St. George Hospital University Medical Center and Balamand University, Faculty of Health Sciences. IDRAAC's training of nursing students follows the well recognized structured training offered at other well established academic centers: rounds, seminars, journal clubs, assigned readings, research papers, etc...

The training varies with the level of education and special interests of the candidate, keeping in mind the applicant's needs and time availability. It can vary from a one month (or more) rotation in the inpatient unit, to a more in-depth clinical training that may lead to the profession of psychiatry assistant.

IDRAAC'S clinical training program for nurses focuses on diagnostic assessment and follow-up. It includes clinical interview skills, case conceptualization, based on the international classification of psychiatric disorders, basic principles of management

(medication, hospitalization...) and follow-up of the patients.

### **Didactic sessions:**

These include a series of seminars, educational audio-visual sessions, lectures, group-meetings, journal clubs, conferences and grand-rounds. These sessions cover topics that are of major importance, such as general psychopathology, psychiatric epidemiology, case studies, review of the psychiatry and psychology literature, and critical discussions on specific clinical cases or specific findings.

### **Training on instruments:**

This may include administration and interpretation of clinical scales for evaluating the progress of a variety of specific disorders (Hamilton scales, Beck Depression and Anxiety scales, Y-BOCS, PANSS, Barkley scales...). The aforementioned instruments have been adapted by IDRAAC into Arabic (see research instruments).

### **Accreditation of the training by IDRAAC:**

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A personal interview with the applicant in addition to a review of his/her application file is also required.

## **Pharmacists**

IDRAAC members have trained pharmacy students from several universities in Lebanon in the context of the Department of Psychiatry and Clinical Psychology, St. George Hospital University Medical Center and Balamand University, Faculty of Medicine. Such training follows the well recognized structured training offered at other well established academic centers: rounds, seminars, journal clubs, assigned readings, research papers, and supervised practice etc...

Training takes place in the psychiatric inpatient unit of St. George Hospital University Medical Center.

## **Accreditation of the training by IDRAAC:**

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A personal interview with the applicant in addition to a review of his/her application file is also required.

## **Social workers**

IDRAAC has trained social workers (BA, MA, PhD) from several universities in Lebanon in the context of the Department of Psychiatry and Clinical Psychology, St. George Hospital University Medical Center and Balamand University, Faculty of Medicine. IDRAAC's training follows the well recognized structured training offered at other well established academic centers: rounds, seminars, journal clubs, assigned readings, research papers, etc...The training varies with the level of education and special interests of the candidate, keeping in mind the applicant's needs and time availability.

IDRAAC's training program for social workers may be oriented towards:

- Working in a clinic setting: the training focuses on diagnostic assessment and follow-up of patients and treatment intervention of mild cases. It includes clinical interview skills, case conceptualization, and basic principles of management (psychotherapy) of mild disorders. Social workers that enroll such training may work as assistants of psychiatrists in a multidisciplinary team. Training includes didactic sessions and on the field supervision.
- Developing skills to work in community settings in issues related to mental health and well-being of families: an example of this training is the "Parenting skills treatment program for mothers of children with behavioral problems", which consists of training Social and Health workers in the poor suburbs of Lebanon (Tyre, Sidon, Beirut and Nabatiyeh) on the basic parenting skills for children with behavioral problems and supervising these Social and Health workers while training mothers who have children with behavioral disorders. This project was supported by Oxfam.

**Didactic sessions:**

These include a series of seminars, educational audio-visual sessions, lectures, group-meetings, journal clubs, conferences and grand-rounds. These sessions cover topics that are of major importance, such as general psychopathology, major concepts in clinical psychology, psychiatric epidemiology, case studies, review of the psychiatry and psychology literature, and critical discussions on specific clinical cases or specific findings.

**Training on instruments:**

This may include administration and interpretation, clinical scales for evaluating the progress of a variety of specific disorders (Hamilton scales, Beck Depression and Anxiety scales, Y-BOCS, PANSS, Barkley scales...). The aforementioned instruments have been adapted by IDRAAC into Arabic (see research instruments).

**Supervised observation and clinical practice:**

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**Application Procedure:**

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