



Clinical Training Information

IDRAAC provides opportunities for mental health training for the following specialties:

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

THE TEAM AND WORK ORGANIZATION:

Clinical training is offered by members of IDRAAC and the Medical Institute for Neuropsychological Disorders ([M.I.N.D.](#)) who typically work in a multidisciplinary team setting. Most specialties collaborate daily on most inpatients and outpatients. Trainees are grouped according to their learning interest and work together in a team structure.

THE SETTING:

The clinical training is provided by members of 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 the University of Balamand 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 specialized floor of a general hospital (St. George Hospital University Medical Center, Beirut, Lebanon). The Psychiatry and Psychology outpatient services are provided by MIND's outpatient clinics team, located at St. George Hospital University Medical Center in Ashrafieh, and in Ras-Beirut area. Specific and high intensity services are offered in the field of child, adolescent, adult and geriatric psychiatry and clinical psychology.

Medicine: medical students, interns, residents:

IDRAAC members have trained medical students interns and residents from diverse universities in Lebanon and abroad. Training offers: clinical rounds, case presentation and discussion, continuous education through conferences and workshops, seminars, journal clubs, assigned readings, research and supervised practice. Training of medical students, interns and residents is conducted in conjunction with the University of Balamand Medical School and St. George Hospital University Medical Center.

Didactic sessions:

These include a series of seminars, educational audio-visual sessions, lectures, group-meetings, journal clubs, conferences and grand-rounds. They cover several clinical topics related to psychopathology, epidemiology, case formulation, conceptualization and treatment, reviews of articles, reflection and discussions on clinical topics and specific findings.

Training on instruments:

This includes the use and application of several clinical scales for assessment and progress monitoring (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.

Supervised observation and clinical practice:

Supervised clinical practice of the trainees is conducted through one to one interaction and regular group-discussions. Direct supervision of the trainee's work is provided by senior clinicians, written feedback and comments are provided when applicable, reports, reviews and essays. The clinical work takes place in acute inpatient psychiatric care, outpatient psychiatric care, emergency room, and consultation liaison.

Accreditation:

Official Certificates are provided by IDRAAC upon completion of the specific training modules. A Clinical training accreditation and certification is provided by the University of Balamand, Faculty of Medicine.

The accreditation and certification of the research training, is provided by IDRAAC.

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

IDRAAC has trained psychology students (MA, PhD, D.E.S.S. or Psy.D) , from a diversity of universities in Lebanon and abroad in association with the Department of Psychiatry and Clinical Psychology, St. George Hospital University Medical Center and University of Balamand, Faculty of Medicine . IDRAAC's training of psychology students offers: clinical rounds, case presentation and discussion, continuous education through conferences and workshops, seminars, journal clubs, assigned readings, research and supervised practice.

IDRAAC's clinical training program in Psychology is only offered to students enrolled in at least a Master's in Psychology program and who have completed the entire coursework related to psychopathology, clinical assessment, formulation and diagnosis. This training is organized into three independent modules adjusted to the educational needs and requirements of the candidates:

- **Module 1- Clinical assessment and formulation:** this module focuses on practicing clinical interviewing techniques and skills building, case-formulation, and follow-up of patients based on knowledge of psychopathology-related attitudes.

- **Module 2- Psychological testing and cognitive evaluation:** this module focuses on clinical conceptualization of specific impairments related to intelligence, attention, learning processes, using test administration and interpretation and translation into relevant data, psychological assessment tools, (IQ and other Cognitive components, Clinical scales...) and reports writing and elaboration as part of skills building. It requires a pre-requisite course in cognitive development and theories of intelligence.

- **Module 3- Psychotherapy:** The Department of Psychiatry and Clinical Psychology is in the process of putting together a one year formal training in Cognitive Behavior Therapy CBT and its application to the treatment of several disorders.

This program will fulfill the requirements for accreditation as set by the EABCT (European Association for Behavioral and Cognitive Therapy), in terms of teaching, practicum and supervision.

The official language of teaching is English.

This training aims to meet excellency in clinical knowledge, skills and attitude.

It is in association with the Oxford Cognitive Therapy Centre (OCTC) in Oxford, UK.

At the end of this one year training, candidates will be able to:

- 1- Complete the clinical assessments and conceptualization
- 2- Perform CBT interventions
- 3- Plan the therapeutic process
- 4- Work in a collaborative professional and ethical perspective

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 University of Balamand, 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. They cover several clinical topics related to psychopathology, epidemiology, case formulation, conceptualization and treatment, reviews of articles, reflection and discussions on clinical topics and specific findings.

Training on instruments:

This includes the use and application of several clinical scales for assessment and progress monitoring (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.

Pharmacy

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 University of Balamand, 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:

Official Certificates are provided by IDRAAC upon completion of the training module. For Clinical training, accreditation and certification is by the University of Balamand, Faculty of Medicine. For Research training, the accreditation and certification is by IDRAAC. The duration of the training varies from one student to another and from one module to another.

Application procedure

How to apply?

The application file must include the following documents:

- A statement of objectives.
- A resume (curriculum vitae).
- A copy of transcripts (undergraduate and graduate).
- A letter of recommendation from a university tutor or head of program.

A meeting with the applicant along with his/her application is asked for.