

Letter of Completion

Date: 15 March 2023

This letter is to certify that Mrs. Farah Merdas has successfully completed a **CBT foundation certificate** training program from April 2022 till March 2023 which covered the following topics:

Introduction to CBT (theory) (8 hours)
CBT for phobias (2 hours)
CBT for social anxiety (4 hours)
CBT for health anxiety (4 hours)
CBT for OCD (4 hours)
CBT for Depression (4 hours)
CBT for panic disorder (4 hours)
CBT for suicidality (4 hours)
In addition to preparation/ reading (35 hours) and deliverables (32 hours)

Total number of training hours: 101

FINAL AWARD: PASS WITH DISTINCTION

Christina Riachi
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