

## In the Name of God

### Islamic Republic of Iran Ministry of Health and Medical Education Deputy for Education

## Psychotherapy Degree: Fellowship

### Introduction :

In many developed and developing countries, mental health is receiving increasing attention. In our country, in recent years, both the public and policy makers have paid special attention to mental health and related issues. Educating and acquiring skills in the field of psychotherapy are an essential requirement for the mental health professionals to provide efficient services. Psychiatry residency courses are also paying more attention to psychotherapy training than earlier, but due to the lack of sufficient faculty members involved in teaching psychotherapy, the Psychiatry Residency training Program has faced a serious problem..

The main objective of this program is to accomplish the previous knowledge and experiences of the psychiatrists in the field of psychotherapy (including dynamic psychotherapies, cognitive-behavioral therapies, couples therapy, and family therapy) with an emphasis on the cultural and spiritual peculiarities of Iran and help out the people with mental disorders .

### Definition and Duration of the Training Program:

The fellowship course of psychotherapy is a clinical course derived from psychiatry and the graduates are trained in prevention, diagnosis, treatment, and care provision for patients with psychiatric problems or disorders through different psychotherapeutic approaches, including dynamic psychotherapy, cognitive-behavioral therapies, couple therapy, family therapy, group therapy, and spiritual therapy and provide the society with their specialized knowledge and skills in the above areas.

The duration is 18 months .

### Aims:

Training of knowledgeable, competent, responsible specialists in the area of psychotherapy .

### Admission Requirements

- Psychiatry Board Certified
- Having passed the Entrance Exam

### Expected Competencies at the End of the Program

#### General Competencies\*

## Specific Competencies and Skills

- At the end of the program learners will be competent in the following skills:

<b>Technique-based diagnostic and therapeutic measures</b>
Individual psychotherapy: <ul style="list-style-type: none"><li>• Dynamic psychotherapy</li><li>• Cognitive-behavioral therapy</li></ul>
Group therapy: <ul style="list-style-type: none"><li>• Dynamic group therapy</li><li>• Cognitive-behavioral group therapy</li></ul>
Crisis intervention
Family therapy and couple therapy
Spiritual therapy
Hypnotherapy
psychosexual I disorders Psychotherapy
Individual and group psychoeducation

## Educational Strategies, Methods and Techniques\*

### Student Assessment (Methods and Types)

#### I. Assessment methods used:

1. Log book
2. Written
3. Oral
4. 360-degree feedback
5. Portfolio assessment
6. Specialized supervision

#### II. Periods of Assessment


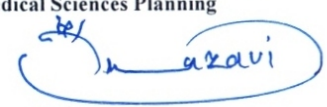
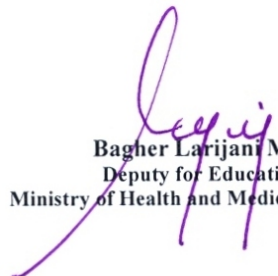
- Continuous
- At the end of each curriculum
- Final Comprehensive exam

## Ethical Considerations\*

\*Note: The related document(s) can be found at <http://hcmeq.behdasht.gov.ir/>.

**The overall structure of the course:**

Educational area	Syllabus- Measures	Duration (month)
Psychotherapy unit and <i>psychiatry Clinic</i>	Training and practicing on dynamic psychotherapies, cognitive-behavioral therapies, group therapy, family therapy, couple therapy, spiritual therapy, supportive therapies, and using self-help groups	17 months
Psychosomatic ward	Crisis intervention, using self-help groups, and <i>psychosomatic patient groups</i>	Equal to 200 hours (full-time) during the course and according to the planning organized by the program manager
<i>Child and adolescent psychiatry clinic</i>	Attachment enhancement, family therapy for oppositional disorders and conduct disorders, cognitive-behavioral therapy, and other measures of child and adolescent psychotherapy	Equal to 200 hours (full-time) during the course and according to the planning organized by the program manager
Addiction Studies centers	Group and individual therapies for substance abuse disorders, familiarity with self-help groups under the supervision of professors	Equal to 100 hours (full-time) during the course and according to the planning organized by the program manager
Optional ward	In one of the above courses based on the student's interest and the program manager's approval	Equal to one month (full-time) and according to the planning organized by the program manager

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