



Reach Out

A Journey Within.



Program Catalog

Reach out Egypt is a member of the British association of counseling & psychotherapy – BACP.

Dear Future Counselor Psychotherapists,
Welcome to Reach Out Egypt!

We are excited to meet you and we wish you all a productive educational journey.

One of our great assets is following international guidelines, standards, and requirements to prepare qualified counselor psychotherapists. Certainly, each one of you is well qualified to excel and thrive in this educational endeavor, and we are confident that you will show persistence in accomplishing your coursework requirements and earn your degree in optimum time.

Reach Out Team are happy to assist you throughout your educational journey. We are honored to have you as part of Reach Out Egypt.

Reach Out Team are the backbone of the program, and they are always willing to help and support everyone.

Once again, welcome to Reach Out Egypt and Good Luck

Sincerely,
Reach Out Egypt Team

Counseling & Psychotherapy Education & Certification Program Reach out - Egypt

Reach Out Egypt education program is designed to meet UK Educational and Training standards for Counseling & Psychotherapy education as defined by the British Association for Counseling and Psychotherapy (BACP)

The manual provides Reach Out students with all the necessary information to complete the academic and the professional requirements within the program.

It is crucial that students read and become familiar with this manual prior to the beginning of the program, and always keep it as reference to any of their inquiries.

For inquiries, please refer to the contact details below:

Admin/Front Desk

Hazem Ahmed
+2 01023640039
Info@reachoutegypt.com

Finance

Hassan Abdel khalek
+201020736180
finance@reachoutegypt.com

Program Manager & Student Advisor

Mona Shalaby
+2 010500974877
mona@reachoutegypt.com

Operation and Executive Manager

May Rabei
+201284444283
may@reachoutegypt.com

Managing Director

Moushira Mamdouh
+20 103637000
moushira@reachoutegypt.com

Degree Level and Specializations

Reach Out program offers an Advanced Level in Counseling and Psychotherapy – equivalent to a master's degree – and hosts the following specializations:

1. **General Adult Counseling**
2. **School, Children & Adolescence Counseling**
3. **Couples & Family Counseling**

About our Program

The academic program is solely for the theoretical and clinical requirements needed for different types of professionals to work in the field of mental health. The career they choose is a matter of licensing and/or accreditation based on the nature of the job, the laws in place that are governing that specific job as well as the licensure body they will seek the license from.

About Reach Out Egypt

Reach out is a member of the British Association of Counseling & Psychotherapy (BACP) and follows the Code of Ethics by the BACP http://www.bacp.co.uk/ethical_framework/
Reach Out Egypt is a private educational institution that provides psychological guidance, education, and training in the field of mental health and wellbeing.

Our Mission

Our mission is to set the foundational guidelines that enhance the educational, ethical, and professional standards in the field of counseling and psychotherapy through effective teaching and learning methodologies. We are currently working in Egypt and we aim to expand our outreach to the Middle East and North Africa region.

About the British Association of Counseling & Psychotherapy (BACP)

BACP is the leading professional association for members of the counseling professions in the United Kingdom with more than 50,000 members. They work to promote the role and relevance of the counseling professions in improving psychological wellbeing and mental health and to develop safe, ethical, and competent practice. The BACP is an accreditation body working on enhancing the quality of the counseling and psychotherapy in the UK and internationally; they have a register database with the list of service providers “organizations and individuals” providing counseling and psychotherapy services who meet specific standards professionally. They declare that by adhering to those standards the entity of the person is fit to practice this profession.

BACP accreditation schemes aim to recognize the achievement of high standards of knowledge, experience and development in counselling and psychotherapy. They help clients, employers, practitioners, and students to make an informed decision when choosing a therapist, service, or training course. To apply, you must be able to demonstrate that you meet the required standards and complete a rigorous application and assessment process. All our accreditation schemes require current and ongoing membership of BACP.

Program Details

Diploma level of Counseling & Psychotherapy

The Diploma Level requires the fulfillment of the below number of hours in the duration of two academic years

Requirements	Number of Hours
Education Hours	240
Clinical Internship	150
Professional Development	40
Supervision Hours	20
Personal Therapy	20

The Program Educational hours require the successful completion of the below modules (240 credits)

	Module	Credit	Hour
1	Introduction to Psychology (Psychology 101)	3	30
2	Theories of Counseling & Psychotherapy	3	30
3	Counseling & Clinical Interviewing Fundamentals	3	30
4	Introduction to CBT	3	30
5	The Psychology of The Lifespan	3	30
6	Diagnostic & Statistical Manual 5	3	30
7	Psychopathology	3	30
8	Psychodynamic	3	30

Advanced Diploma of Counseling & Psychotherapy

The advanced completion requires the fulfillment of the below number of hours in a duration of four academic years, with a general final exam post the completion of modules. Dates of the general exam are to be announced to graduating students ahead of time by Reach Out's Student Advisor.

Requirements	Number of Hours
Education Hours	450
Clinical Internship	200
Professional Development	80
Supervision Hours	40
Personal Therapy	40

The program educational hours require the successful completion of the below modules (450 credits):

	Module	Credit	Hour
1	Psychology 101	3	30
2	Counseling & Interviewing Fundamentals /Ethics	3	30
3	Theories of Counseling & Psychotherapy	3	30
4	Introduction to CBT	3	30
5	The Psychology Of The Lifespan	3	30

6	Diagnostic & Statistical Manual 5 (DSM -5)	3	30
7	Psychopathology	3	30
8	Psychodynamic	3	30
9	Group Processes in Counseling Psychotherapy	3	30
10	Research Methods	1.5	15
11	Psychometry	1.5	15
12	Introduction to Family Therapy	3	30
13	Humanistic Therapy	3	30
14	Elective 1 / Specialization level	3	30
15	Elective 2 / Specialization level	3	30
16	Elective 3 / Specialization level	3	30

Areas of Specialization

The students select two elective modules from the same specialization and one optional module from the same or another specialization.

General Adult Counseling	Credit	Hour
A. Traumatic Stress: Causes, Contexts, and Effects	3	30
B. Wellness, Health, and Prevention	3	30
C. Bio-psychosocial Aspects of Medical Conditions	3	30
D. Human Sexuality	3	30

Children & Adolescence & School Counseling	Credit	Hour
A. Assessment & Treatment Planning of Children and Adolescents	3	30
B. Advanced Family Therapy	3	30
C. CBT for Children and Adolescents	3	30
D. Introduction & Treatment Approaches to Learning Disabilities	3	30

Couples & Families Counseling	Credit	Hour
A. Intimate Relations in the Couple System	3	30
B. Advanced Family and Couples Therapy	3	30
C. Counseling Diverse Families	3	30
D. CBT with Couples and Families	3	30

Academic Requirements

Course Description

Introduction to Psychology 101

The course is a prerequisite for admission into any of the offered programs. Students could be exempted from the course by providing sufficient documentation for completing the course content at another academic setting. In this course, students who have no prior background about psychology get to learn about the history of psychology, the biological integration in the social sciences, the research methods, learning processes, cognitive functioning, abnormal behaviors, and the different careers in psychology.

Counseling & Interviewing Fundamentals / Ethics

The course introduces students to the basic foundational knowledge and skills of counseling. Students are introduced to the various foundational counseling skills through an understanding of the aspects of the counseling interactions that lead to change, direct teaching and demonstrations as well as being given supervised practice in the performance of these skills and their integration into a respectful approach to counseling. Establishing a link between skills and theoretical underpinnings is an important part of the course.

Theories of Counseling & Psychotherapy

The course exposes students to major theoretical approaches in the practice of counseling and psychotherapy. The course places special emphasis on the key assumptions of various applied theories, the role and basic methods of clinical assessment, the stages of therapy, the role of the therapeutic relationship, and the goals and strategies to effect change.

Introduction to Cognitive Behavioral Therapy (CBT)

The course covers Beck's model and the school of Cognitive Behavioral Therapy and its application with various clinical populations, and clinical disorders. The main thoughts, feelings, behaviors are explored, assumptions and core beliefs are addressed. Students will be able to challenge these assumptions in a clinical setting.

DSM V

The course is designed to expose students to the DSM 5 with its changes and new criteria for diagnosis. The course also covers the different disorders in the DSM such as schizophrenia disorders, mood disorders, anxiety disorders, somatoform disorders, dissociative disorders, eating disorders, adjustment disorders, and others special topics of interest include the study of pharmacological treatments available for major psychiatric disorders such as schizophrenia, mood, and anxiety disorders.

The Psychology of the Lifespan

The course surveys the various psychological, biological, and other interdisciplinary areas of human development. It examines the processes of psychological development over the lifespan and is designed to equip students with an understanding of normal development and applications of knowledge for optimizing lifespan development in careers such as education, counselling, career guidance and working with the elderly.

Psychodynamics

Through this course students examine Freud's theory of psychoanalysis in depth and how psychodynamic therapy came to be. Students learn Neo-Freudian theories. In addition, students are exposed to the techniques used with clients in therapy sessions.

Psychopathology

The course examines the historical and conceptual perspectives on psychopathology and the way these perspectives interface with therapeutic strategies. Students are given case studies to reflect on their learning outcomes. The course provides an overview of the nature and history of abnormal behavior and then examines the predominant models underlying our understanding of abnormality. Topics include schizophrenia, mood disorders, anxiety disorders, personality, somatoform and dissociative disorders, and disorders of childhood. There is an emphasis upon empirical evidence relating to the epidemiology, etiology, and treatment of the clinical problems covered during the course.

Group Processes in Counseling Psychotherapy

This is an applied course with a focus on the integration of theory and clinical group work, and discussion of clinical, professional, and ethical issues. This course is designed for students to gain group counselling skills and self-awareness about how one's own qualities, needs, motivations, and values can either facilitate or interfere with one's effectiveness as a group leader.

Research Methods

The course covers basic concepts in statistics, research design, and program evaluation for mental health professionals, including experimental and correlational design methods, levels of measurement, central tendency, dispersion, correlation, and the use of inferential statistics for hypothesis testing. Students are also introduced to methods of evaluating programs and clinical outcomes while considering systemic and sociocultural influences. Emphasis is given to helping students become knowledgeable consumers of research, including the use of research to inform evidence-based practice.

Psychometry

The course provides the student with a strong foundation in understanding and communicating clinical assessment data. The course reviews the basic concepts of standardized and non-standardized testing and other assessment techniques including norm-referenced and criterion-referenced assessment, environmental assessment, intellectual assessment, individual and group test and inventory methods, behavioral observations, and computer-managed and computer-assisted methods. Attention will be given to understanding strategies for selecting, administering, and interpreting assessment and evaluation instruments and techniques in counseling.

Humanistic Therapy

The course engages the student with the humanistic approach. Humanistic therapy is an approach to education based on the work of humanistic psychologists, most notably Abraham Maslow and Carl Rogers; the latter is regarded as the founder of humanistic psychology and devoted much of his efforts toward applying the results of his psychological

research to person-centered teaching where empathy, caring about students, and genuineness on the part of the learning facilitator were found to be the key traits of the most effective teachers. These approaches seek to engage the “whole person” the intellect, feeling life, social capacities, and artistic and practical skills are all important focuses for growth and development. Important objectives include developing self-esteem, the ability to set and achieve appropriate goals, and the development toward full autonomy.

Introduction to Family Therapy

The course is designed to provide students with a foundational understanding of the dynamics of family interaction from a ‘systems’ perspective. The course is an introduction to the history and systemic foundations of the study and understanding of family life with emphasis on the various theories of family process and development. The development of an understanding of ‘systems theory’, its application to family interaction, and its evaluation will form the basis of the course content. Topics include historical and conceptual development of Family Systems Theory, introduction to General Systems Theory, family rules, roles, structure and interaction patterns, functional and dysfunctional family systems, life cycle issues in marriage and family and ethnicity and family therapy.

Areas of Specialization Course Description

Traumatic Stress: Causes, Contexts, and Effects

The course provides an overview of trauma and its multi-level effects on development and physiology, interpersonal relationships, family systems and societies. A conceptual framework of evolving perspectives of traumatic stress, as well as education about the ethno-cultural milieu is provided. Numerous sources of trauma, including child maltreatment, domestic violence, sexual assault, terrorism, armed conflict, and natural disasters are explored. Risk and protective factors are considered within the context of local, national, and international efforts to reduce or respond to crises and other traumatic events, from both logistical and systems perspectives.

Wellness, Health, and Prevention

The course provides an overview of the professional roles, activities, and contexts for clinical counselors focusing on physical and medical conditions. The major concepts of traditional health and rehabilitation are presented. The course covers primary prevention activities through control of lifestyle related habits involving substances, and dysfunctional habits in diet and exercise. The course also covers the concept of stress and ways of coping with stress through applied stress management techniques. A holistic bio-psychosocial approach is used as a unifying framework.

Bio-psychosocial Aspects of Medical Conditions

Using a bio-psychosocial paradigm, the course provides a general introduction to the etiology, assessment, and treatment of medical disorders observed by health psychology counselors. An overview of the primary physical systems and disorders is offered.

Human Sexuality

The course provides a comprehensive introduction to the biological, psychological, behavioral, and cultural aspects of sexuality. Contemporary research addressing such issues as communication, love, relationships, sexual problems, therapies, pregnancy, and childbirth is discussed. Students will gain an understanding of sexuality and the human body. They will also become familiar with sexual responsibility and learn about sexual development and behavior including pregnancy, childbirth, contraception, STDs, gender roles, adult sexual behavior and attitudes, love and relationships, and sexual problems and therapy.

Assessment & Treatment Planning of Children and Adolescents

The course provides detailed and practical explorations of assessment and treatment planning with children, youth, and adults. Students learn and practice multiple assessment approaches, including structured instruments, informal assessment interviewing and the therapeutic relationship as an assessment tool. The course offers diverse case studies, hands-on practice, and therapist self-awareness. Contemporary approaches to assessment, treatment planning, and intervention based in bio-psychosocial systems and empirically supported interventions. Major areas include mood disorders, anxiety disorders, psychotic disorders, personality disorders, substance abuse and addictive disorders including eating disorders and gambling.

Advanced Family Therapy

The course serves as a more in-depth exploration of contemporary issues within the field of family therapy and family centered social work practice. We consider several popular theories of family therapy, their more recent expressions within the professional literature, and how to consider them against the standards of evidenced based practice. We will explore and critique what actually counts as evidence during clinical treatment in the hope of better defining where theory and practice come together. Upon completion of the course the student will acquire a better understanding of the cutting-edge controversies and professional concerns within this field of practice as well as the tools to carry their own perspectives in these discussions. The student will also be able to apply new learning to the processes of treatment application and outcome assessment.

CBT for Children and Adolescents

The course is a must for people who are already working therapeutically with children. Trainees will become skilled in applying CBT techniques to their therapeutic work with children and teenagers. They learn how to enable children and teenagers to positively modify persistent troubling thoughts and behaviors and address negative self-referencing and irrational fantasies. The course aims to resource practitioners with a rich array of CBT materials: games, home activities and therapeutic exercises. The course teaches trainees how to use CBT to work effectively with feelings of anxiety, depression, and inappropriate anger, leading to resilience and increased self-esteem, improved ability to relate and to learn.

Introduction & Treatment Approaches to Learning Disabilities

The course covers theoretical issues, assessment, and educational principles for young children with learning disabilities. The course emphasizes problems of language, cognition, and pre-academic learning, instruction, and home management. Several treatment approaches will be provided for the students to empower them with modalities and various interventions.

Autism Treatment & Approaches

The course highlights current research regarding neurodevelopmental issues in autism; the diagnostic criteria used to identify children with ASD; assessment and intervention considerations in communication, social interaction, and play; and, the selection and use of appropriate screening and evaluation tools, and intervention strategies with an evidence-base. The course also focuses on developing an understanding of the role of families in the assessment and intervention of children and adolescents with ASD in consideration of their cultural values and beliefs. Further, the course creates a framework for understanding and implementing effective interventions; and, profiling the strengths and challenges of each intervention including ways to match children's strengths and needs, family capacity and the family's cultural values and beliefs with the interventions selected. Students are exposed to collaborative and interdisciplinary models of service delivery that ensure family-centered and culturally competent approaches to assessment and intervention.

Intimate Relations in the Couple System

The course explores the processes involved in both traditional and non-traditional relationships and families including love, cohabitation, dating, marriage, parenting, communication and conflict resolution, sexuality, balancing work and family, domestic violence, divorce, remarriage, and blended families.

Counseling Diverse Families

The course is designed to prepare counselors to provide collaborative services for individuals with diverse needs such as single parents, families living with extended families. Students learn different techniques to intervene with a wide array of family systems. Through case studies, students get to assess different types of family issues in various settings, plan interventions, and design an action plan for members of the family.

CBT with Couples and Families

The course focuses on applying different CBT interventions and techniques with couples and families. Students learn details and step-by-step models to help both couples and families with their issues and concerns. By watching videos of counseling sessions where CBT was adopted as a method to solve problems, students learn how to perform and implement these techniques. Examples include the empty chair, writing letters, cognitive restructuring, modeling dialogues, collaborative empiricism, and Socratic questioning.

Additional Elective Classes

Course Description

Psychotherapy for Children

The course introduces empirically supported treatments for children's mental health disorders. Child and adolescent development are covered as a broad-based guiding principle for implementation of skills and strategies; however, the course focuses on building skills (e.g., CBT with anxiety) and their application to specific disorders.

Psychotherapy with Adolescents

The course introduces empirically supported treatments for adolescents' mental health disorders. Child and adolescent development are covered as a broad-based guiding principle for implementation of skills and strategies; however, the course focuses on building skills (e.g., CBT with anxiety) and their application to specific disorders.

Introduction to Supervision

The course presents a systemic model of clinical supervision and its application to the supervisory process. The relationship of the model to existing conceptual and empirical literature is also overviewed. Techniques and skills for debriefing and mentoring supervisees are also addressed.

The Supervisory Relationship

The course builds upon the basic principles and theories in supervision. The course offers coverage on the individual and developmental differences in the supervisory relationship as well as explore processes involved in the management of supervisees. Interventions in supervision are covered as well as the process of evaluation. The course also covers ethical guidelines for clinical supervisors.

Professional Practice in Community Mental Health

The course presents current issues in leadership and supervision in community mental health. Topics include ethical and legal considerations; cross-cultural supervision; methodological considerations in supervision; and supervisor development and training along with clinical program development management.

Psychology of Aging

The course provides an overview of the biological, psychological, and socio-cultural aspects of the aging process and the common mental health challenges faced by older adults. Long-term care, end of life, and grief are discussed, as well as the changing roles of family members and the need for caregiver support. Students will explore personal and cultural attitudes toward aging and how these attitudes impact mental health and treatment. The course emphasizes a collaborative, recovery-oriented care model of assessment and treatment that helps students identify and support predictors of resiliency and healthy aging.

Psychology of Grief and Loss

The course covers the nature and scope of grief and bereavement. The course also explains the stages of grief for individuals and families including the durations and processes. The course focuses on children and adolescents explaining how they adjust to bereavement. Students also learn how to differentiate between normal and abnormal grief and will be able to help the clients prepare for bereavement.

Interpersonal Violence

The course provides increase students' understanding of interpersonal violence through explanatory theory and practice knowledge of a wide range of client systems throughout the lifespan. Included are prenatal exposure to interpersonal violence, child abuse and neglect, teen dating violence, intimate partner violence, children's experience with intimate partner violence, and elder abuse. Victim and perpetrator experiences related to interpersonal violence will be highlighted. Resiliency and experiences of diverse populations from an evidence-based person-in-environment theoretical perspectives are emphasized. Prevention theory strategies and relevant interpersonal violence policy issues are also addressed.

Assessment and Treatment of Trauma: Children and Adolescents

The course is designed to provide students with knowledge and basic skills in methods of assessment and treatment of traumatized children and adolescents. Emphasis is placed on contextual factors that confer vulnerability or resilience to trauma and that may shape how traumatic events and reactions are interpreted by children and adolescents. The impact of trauma on the developing brain is examined through both a cognitive and affective lens and the evaluation of age-appropriate developmental mastery is explored for the purpose of supporting ongoing healthy development. Evidence-based individual, family, group, school-based and post-disaster interventions are explored and applied.

Assessment and Treatment of Adults with Traumatic Disorders

Students in this course are guided by a philosophy of "trauma-informed care" to support development of knowledge and skills in current methods of assessment and treatment for traumatized adults. Students learn how to identify signs and symptoms of trauma that manifest in the psychological, social, and physiological realm. Specific methods of

evidence-based treatment appropriate to the varied ethno-cultural and other contextual settings and circumstances of adults are considered within the framework of individual, family, and group therapy. Attention is given to the personal and professional development of the therapist, with emphasis upon the prevention of secondary traumatization and burn-out.

Professional Requirements

Practicum & Clinical Development

During this course, students explore their future career path in a practical way and learn how to develop their potential. Students will undertake realistic self-assessment and set challenging goals. Key areas covered include communication skills, assertiveness, improving work/life balance and developing positive skills and attitude. The practicum portion of the three levels of certification is offered with a defined number of clinical hours. The students are obligated to be contracted with a placement site to be approved by the Academic Advisor and signed by the Director of the Education & Training Program.

Internship Seminar

Students have to attend a defined number of supervisions for each certificate to professionally develop and explore their cases and their management of cases. Students are exposed to different supervisors who provide them with knowledge from different clinical experiences.

Professional Development

Students have to attend seminars, talks, conventions, and reflect on the experience and the outcome of attending the event. Students will have the chance to reflect on their own knowledge and assess their future plans. Also, a defined number of hours are to be fulfilled as per each level of certification.

Counselor Preparation Comprehensive Exam

Students receive an intensive review of the core areas covered in the student's curriculum. Students are examined on their knowledge of each area following its review in class sessions. The average score resulting from these examinations represents the grade for the comprehensive examination for each class.

Supervision

Students performing their clinical hours with a placement, or a fulltime job should attend supervision sessions with a senior counselor to go through the clinical work, therapeutic interventions and the whole workplan designed with the client.

Personal Therapy

Students must go through a defined amount of therapy; they should go through counseling sessions following any of the psychotherapy approaches with a counselor holding at least an MA degree in counseling psychology.

