



ΙΨΕΠΑ

ΙΝΣΤΙΤΟΥΤΟ ΨΥΧΟΘΕΡΑΠΕΙΑΣ,
ΕΠΑΓΓΕΛΜΑΤΙΚΗΣ & ΠΡΟΣΩΠΙΚΗΣ
ΑΝΑΠΤΥΞΗΣ

IPSEPA – INSTITUTE OF PSYCHOTHERAPY, PROFESSIONAL AND PERSONAL DEVELOPMENT

The Institute of Psychotherapy, Professional and Personal Development (IPSEPA) has a twelve-year firm presence in the Psychotherapy field, offering professional services in psychotherapy as well as training and supervision. It is a well renowned training Institute in the Cognitive Behavioral Psychotherapy Method.

IPSEPA offers a complete educational package that includes training, personal development, clinical placement, and supervised case assignment, the graduates work successfully in the field of psychotherapy.

The associates, trainers and supervisors are all well-established professionals, registered in organizations in Cyprus as well as abroad.

IPSEPA is an accredited registered training organization as well as a full member of the Pancyprian Association of Psychotherapy (PAP) and the Cyprus Association of Cognitive & Behavioral Psychotherapist. The graduates can register in both associations and at the same time are directly registered at the European Association of Behavioral and Cognitive Therapist (EABTC). In addition to that, through PAP they can ensure registration at the European Association of Psychotherapy (EAP) and can apply for the award of the European Certificate of Psychotherapy (ECP).

IPSEPA offers both face to face and online training, in accredited educational programs. Specifically:

- Four-year program (120 ECTS)- Cognitive Behavioral Psychotherapy Diploma
- Three-year program (90 ECTS)- Cognitive Behavioral Psychotherapy Diploma
- Two-year theoretical studies program (60 ECTS)
- Specified/Selected module attendance.

IPSEPA also offers a series of training sessions for psychotherapists and mental health professionals, contributing to their on-going training.

In the therapy field, it offers low-cost psychotherapy services in both Nicosia and Limassol. Concerning the prevention of substance use, it offers the ACT@ΙΨΕΠΑ program, whereas in the personal growth area it offers a series of experiential workshops. It is also involved in providing supportive living structures for people with mental and emotional disabilities.

For more information on IPSEPA and the training programs please refer to the webpage: <https://www.ipsepa.com/>