FOUNDING COHORT / OCTOBER 2026

THE THERAPY SHOULD WORK
TRAINING INSTITUTE

Know what to treat.
Know why.
Track what changes.

Learn to assess the problem, choose a clear plan, and put it into practice with real feedback until you've got it.

A year of online training for frum master's-level therapists. Build clinical reasoning, practice with feedback, and complete three supervised cases.

1 year
two semesters

24 clinicians
8 per track

3 cases
clients provided

Begins Tuesday, October 6, 2026
Fully online

Explore the program

Dr. Chaya Lieba Kobernick
Founder, Therapy Should Work Training Institute
Director, The CBT/DBT Center

THE PROGRAM AT A GLANCE

What the year involves

For therapists who want to understand what they're treating, choose an approach that fits, and get feedback on how they deliver it.

Who can apply	A completed clinical master's degree (MSW, MFT, MHC or equivalent). This cohort is not for current master's students, doctoral-level clinicians or psychology doctoral students. No current caseload required.
Start and live schedule	Begins October 6, 2026. Tuesdays: 8 to 10 p.m. Israel, usually 1 to 3 p.m. Eastern. Add track supervision in Semester 2. Dates and exceptions on page 3.
Semester 1	Clinical foundations, recorded lessons, Tuesday live classes, practice and graded assignments. About 6–8 hours a week.
Semester 2	One protocol, three supervised clinic cases and weekly group supervision. Tuesday cohort sessions continue. About 8–12 hours a week.
Choose one track	CPT for PTSD · ERP for OCD · Parent Management Training
Tuition	$6,400 for the year: a $100 enrollment deposit, plus two semester payments of $3,150 or 12 monthly payments of $525. Details on page 4.
Your next step	Complete the free, short application. We aim to reply within two business days, excluding Shabbos and Yom Tov.

> You don't have to arrive knowing what to do in every session. You do need to make time for the work, let us see you practice, and be willing to try something differently after feedback.

Start my free application

Apply directly with no password or payment. Applying does not commit you to enrolling or reserve a place.

YOUR SCHEDULE

Plan the year

Semester 1	October 6, 2026 to April 6, 2027. Tuesdays, 8 to 10 p.m. Israel time. About 6 to 8 hours of total work weekly.
Semester 2	Tuesday classes: May 11 to September 21, 2027. Same Israel time. About 8 to 12 hours weekly, including cases and supervision.
PMT supervision	Sundays, May 9 to September 19. 8 to 10 p.m. Israel, 1 to 3 p.m. Eastern.
ERP / CPT supervision	Wednesdays, May 12 to September 22. 8 to 10 p.m. Israel, 1 to 3 p.m. Eastern.
Guest teaching	Monthly guests teach in the regular Tuesday slot. No extra monthly evening.

Dates to note

No class March 23 for Purim. Class is held August 10. Pesach break: April 8 to May 7. Semester 1 has 26 scheduled classes; the 85% attendance minimum is 23 classes.

Eastern time exceptions

Tuesday classes are usually 1 to 3 p.m. Eastern. On October 27 and March 16, they run 2 to 4 p.m. Eastern because Israel and the U.S. change clocks on different dates.

Allow the full two hours for live classes. Some sessions run one hour. Live classes are interactive and are not recorded. Clinical sessions are recorded for supervision and assessment.

Discuss schedule or fit on a 15-minute call

What you'll pay

$6,400

for the full year, including your $100 enrollment deposit

Pay by semester	$100 deposit at enrollment, plus $3,150 when you enroll and $3,150 six months later. Total: $6,400.
Pay monthly	12 monthly payments of $525 after the $100 enrollment deposit. The same $6,400 total.
Enroll with a colleague	When two of you enroll together, each receives $200 off per semester ($400 for the year). Reply to your welcome email to arrange it.

Tuition includes

Recorded lessons and materials, live classes, feedback, one clinical track, clinic clients and intakes, weekly group supervision in Semester 2, TherapyWorks, and competency assessment. Both Therapy Should Work summit toolkits are available when you enroll.

Free application; deposit at enrollment

Applying is free. If accepted, your email gives enrollment instructions and the deadline to reserve your place. The $100 deposit is credited toward tuition and nonrefundable once you enroll. Any $100 application fee already paid stays credited; it is not charged again.

Cancellation

Refund requests must be made within 14 days of enrollment and no later than two business days before the first class on October 6, 2026. Both conditions apply. The $100 deposit is nonrefundable. After this window, the current semester's tuition is nonrefundable.

Enrollment is for the year; payments are automatic on your chosen schedule. Active case completion after the three included months is $250/month (page 9). Graduate Space is free through Elul 2028, then optional at $50/month for the founding cohort (page 10).

SEMESTER 1 / OCTOBER 6 TO APRIL 6

Build the foundations

The first semester teaches the thinking and therapist skills you'll use across cases.

Understand the problem

Learn the main traditions of psychotherapy and the assumptions you bring into the room. Study behavior and learning, diagnosis and risk, functional analysis, and evidence-based assessment. Turn what you learn about a client into a case formulation and an agreed treatment plan.

Work with the client

Provide an orientation, agree on goals, and explain the therapy process. Practice William R. Miller and Theresa B. Moyers' eight strategies: accurate empathy, acceptance, positive regard, genuineness, focus, hope, evocation, and offering information and advice.

Choose and use interventions

Work with behavior, thoughts, emotions and the environment. Learn what to keep and what to adapt when you provide treatment, and how to do it well. Use client feedback and measures to check progress.

Help change last

Plan home practice the client can do, help skills carry into daily life, and prepare for maintenance and ending treatment.

> Frum clinical practice runs through the cases and discussions: religious commitments, family and community expectations, and the practical decisions those create in treatment.

A typical week

Watch the recorded lessons and do the reading on your own schedule. Bring the material into the Tuesday live class. Submit the week's assignment and get specific feedback. Use the private cohort forum for discussion between classes.

Allow about 6–8 hours each week, including the live class.

SEMESTER 2 / IYAR THROUGH ELUL

Treat real clients with supervision

Choose one protocol track. Learn the treatment, then complete three cases in our training clinic.

CPT

Cognitive Processing Therapy for PTSD

Learn to deliver a structured trauma treatment and work with the meanings clients make of what happened.

ERP

Exposure and Response Prevention for OCD

Learn to plan exposures and help clients reduce rituals, avoidance and reassurance seeking.

PMT

Parent Management Training

Learn to help parents change the patterns that maintain behavioral difficulties in children.

The clinic provides the cases

Intakes are completed before clients reach you. Sessions are recorded, progress is measured, and your work is reviewed in weekly group supervision with your track director and up to seven other trainees. If a client drops out, a replacement case is arranged.

You have room to finish properly

Your written completion plan sets out how you will finish three cases. Active case completion includes three months after Elul at no cost. Institute case-placement delays do not use up this window. See page 9 for skill support and extension fees.

Plan for about 8–12 hours a week, including clients, supervision and Tuesday cohort sessions.

What would you need to understand first?

> “I’m a terrible mother. I keep yelling at my children.”

You could help her question that belief. You could help her apologize. Before choosing, I’d want to understand what happened, what “terrible” means to her, and what she does next.

If self-attack keeps her from repairing

She spends the evening crying in bed instead of speaking to her child. We might work on taking responsibility for the behavior, making a specific repair, and planning what to do differently next time.

If apologizing has become a search for certainty

She has apologized repeatedly and keeps asking whether her child forgives her. I’d want to understand what the next apology is supposed to accomplish before helping her make it.

The opening sentence is the same. The pattern may be quite different. More assessment could change either formulation.

This is the work we’ll practice

You’ll explain what you think is happening, what you still need to know, and why you would choose a particular next step. You’ll practice saying it to the client. Your teachers will respond to your reasoning and your delivery.

> We’ll keep asking: “Was this a good intervention for this person, at this point in the treatment?”

An illustrative teaching example.

YOUR TEACHERS

Learn from experienced clinicians and researchers

The program is led by Dr. Chaya Lieba Kobernick and the CBT/DBT Center team. Track directors lead live teaching, supervise clinic work and review your progress.

ERP / OCD	Devora Perlow, PsyD
Parent Management Training	Rachel Berger, PhD
CPT / PTSD	Interviews underway; appointment to be announced when confirmed.

Guest faculty confirmed for the founding year

Jonathan B. Grayson, PhD

OCD treatment and exposure and response prevention; author of Freedom from Obsessive Compulsive Disorder.

Jacqueline B. Persons, PhD

Case formulation in cognitive behavior therapy. Also an Institute advisor.

William R. Miller, PhD

Co-founder of Motivational Interviewing; therapist skills and the practice of helping people change.

Elna Yadin, PhD

OCD treatment; co-author of the exposure and response prevention manuals. Also an Institute advisor.

Dean McKay, PhD

Anxiety, OCD and the evaluation of psychological treatments.

Patricia A. Resick, PhD

Developer of Cognitive Processing Therapy for PTSD.

Debra Kaysen, PhD

Trauma treatment and bringing evidence-based care to underserved communities.

Monthly guest sessions use the regular Tuesday class slot. Further faculty are being confirmed.

Clear standards. Support to reach them.

In week one, record a response to a clinical vignette. Before the clinic semester and certification, trained raters assess recorded work against defined standards. Clinic samples are rated independently of your supervisor.

If a skill needs more work

Receive written feedback, a focused practice plan, and reassessment. For the first competency assessment, submit a second sample within four weeks. If you are still not ready, move to the next available Semester 2 track without repeat tuition.

If your cases need more time

Three months after Elul are included for active clinical completion, with supervision and TherapyWorks. After that, active case completion costs $250 per month. Institute case-placement delays do not consume the free window.

> Skill remediation and active case completion are separate. Your written plan will state the practice, reassessment, supervision and timing you need.

Attendance and participation

Attend at least 85% of required live classes each semester, rounded up. Missed practice requires an approved makeup; watching a lecture alone is not enough. Up to two missed group supervision sessions each require an approved check-in or makeup.

For further disruptions, agree on a written completion or deferral plan. Complete all assignments, recording submissions and competency checks.

Passing competency and completing three cases earns the certificate. Completing required coursework and participation can earn a letter of completion. Client improvement is not guaranteed.

AFTER THE PROGRAM

After you graduate

A certificate backed by your work

Pass competency and complete three cases to become a certified graduate of the Therapy Should Work Training Institute. Your certificate identifies your completed track. It does not guarantee specialist status or separate treatment-developer certification.

An interview and a personal introduction

Every certificate holder who wants employment gets an interview with The CBT/DBT Center and each Institute hiring partner. Your track director provides a recommendation describing your work, assessed skills, cases and outcomes, and Dr. Kobernick makes a personal introduction. A job is not guaranteed.

The Graduate Space

Continue with monthly clinical consultation, monthly business mentoring, future guest lectures, and TherapyWorks. Active members are identified in the directory as receiving ongoing consultation with the Institute.

> All graduates who pass competency remain in our directory independently of membership. Graduate Space: free through Elul 2028, then optional at $50 per month for life for the founding cohort. Regular rate: $100 per month.

Keep learning

Alumni get access to additional tracks 14 days before public enrollment and 20% off the regular rate, subject to available places.

You'll leave with one protocol you have practiced under supervision, a record of your clinical work, and a way to keep learning as your practice grows.

See progress together

TherapyWorks is the platform we've built to make client progress transparent to the client, therapist, and supervisor. Use a shared view of change to support decisions about treatment.

> Use it during the program as part of your learning process. Keep using it through membership in the Graduate Space.

TherapyWorks is included at no extra cost during the program.

Before you apply

The training you want

You have completed a clinical master’s degree and want assessment, case formulation, treatment planning, and flexible use of evidence-based treatment. No current caseload is needed.

The work you can commit to

Plan for 6 to 8 hours weekly in Semester 1 and 8 to 12 in Semester 2. Be ready to practice, receive feedback, record sessions, meet attendance requirements, and carry unpaid clinic cases.

Eligibility and credential

Your location, license and clinic eligibility are reviewed. Discuss questions before enrolling. This program does not currently provide CE credit. The certificate recognizes Institute graduation after competency and case requirements.

Book a 15-minute fit call

A NOTE FROM CHAYA LIEBA

Why I built the Institute

I talk to therapists who care deeply about their clients and have learned a lot. They have ideas, techniques and good intentions. But in the room, they're still trying to work out which idea to use, and why.

That's a hard position to be in when someone is trusting you to help.

My job is to help people make the changes they want to make. That means I need to understand the problem, know how my treatment is supposed to help, and check whether it does.

I built the Institute so you can learn to do that with someone watching your work and helping you get better at it.

What I want you to leave knowing

How to think

Assess carefully, work out what is keeping a problem going, and choose treatment for that client.

How to learn

Recognize what you don't yet know, find a treatment that fits, and learn to deliver it with practice and consultation.

How to adapt

Learn what to keep and what to adapt when you provide treatment, and how to do it well.

I'm a behavioral therapist, and that shapes what we teach. You don't have to share my orientation to learn here. I do want you to be curious about the evidence and willing to examine your own work.

Chaya Lieba

THE FOUNDING COHORT

I’d love to read your application.

If you want feedback on your clinical work and are ready to make time for practice and supervision, I’d love to work with you.

We begin Tuesday, October 6, 2026, after Sukkos. There are 24 places, with up to eight clinicians in each track.

Start my free application

The button and QR code open the application directly. No password or payment needed.

A short, free application

Tell us about your training and what you want to learn. Applying does not commit you to enrolling or reserve a place.

Review and enrollment

We aim to reply within two business days, excluding Shabbos and Yom Tov. If accepted, your email explains how and when to enroll. Applications stay open while places are available; enroll before the first live class on October 6, 1 p.m. Eastern / 8 p.m. Israel.

Still weighing it up?

Talk it through with me before applying.

Book a 15-minute call

Chaya Lieba

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