



Association for  
Cognitive and Behavioral  
Psychotherapy

# CERTIFICATE

of attendance for the seminar:

**CBT TECHNIQUES AND SKILLS, BASIC COURSE**

This certificate confirms that

**Kopylov, Kirill Andreyevich**

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participated in 30 academic hours of training as part of a  
long-term cognitive and behavioral psychotherapy education program in the 2024-2025 academic year

Seminar instructor:  
Candidate of Medical Sciences, associate professor,  
Department of Psychotherapy, Medical Psychology and  
Sexology, North-Western State Medical University named  
after I. I. Mechnikov

[Round seal: Association for Cognitive  
and Behavioral Psychotherapy, St.  
Petersburg // Tax ID 7841291495,  
Primary Registration No. 1137800006101,  
Registration No. 7814060234 // Tax ID  
7841291495, Registration Reason Code  
784101001]

President of the Association for Cognitive and Behavioral  
Psychotherapy, Candidate of Medical Sciences, member  
of the  ~~SNCG~~ International Advisory Committee

Kovpak, D. V. /Signature/

Kovpak, D. V. /Signature/



Ассоциация  
когнитивно-поведенческой  
психотерапии

# СЕРТИФИКАТ

участия в семинаре

«ТЕХНИКИ И НАВЫКИ КПТ БАЗОВОГО КУРСА»

Настоящий сертификат подтверждает, что

Ведущий семинара:  
Кандидат медицинских наук,  
доцент кафедры психотерапии, медицинской  
психологии и сексологии СЗГМУ им. И. И. Мечникова

Ковпак Д. В. \_\_\_\_\_



Президент Ассоциации  
когнитивно-поведенческой психотерапии  
Кандидат медицинских наук, член Международного  
Консультативного Комитета Института Бека

Ковпак Д. В. \_\_\_\_\_

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CERTIFIED TRANSLATOR

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## CERTIFICATE OF TRANSLATION

I, Elizabeth Adams, hereby attest that I am a translator certified by the American Translators Association for Russian into English and that I am qualified to translate documents from Russian into English. I certify that I translated the following certificates from Russian into English, all issued by the Association for Cognitive and Behavioral Psychotherapy in St. Petersburg, Russia:

- Certificate of Attendance for training: Fundamentals of Cognitive and Behavioral Therapy: Theory and Practice
- Certificate of Attendance for training: The Cognitive Therapy of Aaron Beck. Core competencies
- Certificate of Attendance for training: Fundamentals of behavioral therapy
- Certificate of Attendance for training: Restructuring in CBT
- Certificate of Attendance for training: CBT techniques and skills, basic course
- Certificate of Attendance for training: Group supervision, basic course
- Certificate of Attendance for training: Cognitive-behavioral therapy for addictive behavior
- Certificate of Attendance for training: Intersession: basic course
- Certificate of Attendance for training: Cognitive conceptualization
- Certificate of Attendance for training: Cognitive behavioral therapy for depressive disorders
- Certificate of Attendance for training: Cognitive behavioral therapy for anxiety disorders
- Certificate of Attendance for training: Supervision
- Certificate of Attendance for training: Introduction to therapy. Therapeutic alliance

To the best of my knowledge and ability, these are true and accurate translations of the Russian documents provided to me.

Elizabeth Adams      5/21/26

Translator's signature and date



Verify at [www.atanet.org/verify](http://www.atanet.org/verify)