

Shai Friedland (MA Clin. Psych. cum laude)

Shai Friedland is a clinical psychologist working from a cognitive behavioural therapy (CBT) perspective. He graduated (cum laude) from the University of South Africa (UNISA) and completed both his internship and community service at Sterkfontein Hospital. He now works full-time in private practice alongside other CBT therapists. Shai utilizes CBT in both an individual and group context with children, teenagers and adults. His areas of special interest include Obsessive-Compulsive Disorder (OCD), Anxiety Disorders (which include Panic Disorder, Agoraphobia, Phobias, Generalised Anxiety Disorder (GAD) and Social Anxiety Disorder (SAD)), Trichotillomania (Hair Pulling Disorder), Excoriation (Skin-Picking) Disorder, Tics/Tourettes Disorder, Weight Loss Management, Hoarding Disorder and Sport Psychology. He also works closely with parents giving them the skills to manage their child's heightened emotions.

Shai has undergone and continues to obtain CBT training online from the Beck Institute. He has also attended the WCBCT (World Congress of Behavioural and Cognitive Therapies) in Boston and has attended the EABCT (European Association of Behavioural and Cognitive Therapies) in Jerusalem. He attended and chaired the youth section of the first CBT conference in Africa, held in Cape Town. He has also received training in CBT for children, tweens and adolescents from Macquarie University in Australia.

Shai currently sits on the Board of Directors for SADAG. He is also currently a member of the CBT Association of SA.

Shai also trains therapists in the field of CBT. He has lectured on CBT to the Psychology Master's students at UNISA. He has also given talks and training to trainees at Sterkfontein Hospital and Tara Hospital. He also gives talks and workshops to the general population on a wide variety of topics but specifically on anxiety and its related disorders, OCD and its related disorders, and emotion regulating workshops for children and parents.