

Beck Institute is a 501(c)3 nonprofit with the mission of improving lives worldwide through excellence and innovation in Cognitive Behavior Therapy (CBT) and Recovery-Oriented Cognitive Therapy (CT-R).

LEADERSHIP STATEMENTS

Judith S. Beck, PhD
President



Judith S. Beck

Even after a bittersweet year like 2021, I am so grateful to be working towards the Beck Institute mission.

My father, Dr. Aaron T. Beck, who developed CBT in the 1960s and 70s and co-founded Beck Institute with me in 1994, was an amazing person who dedicated his life to helping others. The loss we all felt after he passed away was tremendous.

But even during this sad time, our international community came together. We were touched by the hundreds of messages from people all over the world in the days after his passing. Hundreds more people joined us for my dad's virtual memorial a few weeks later. My father's work positively impacted so many people, and as stewards of his legacy, Beck Institute will ensure that people around the world continue to benefit from his work far into the future.

In 2021, the prolonged stress of the pandemic continued to affect individuals around the world and demand for mental health services continued to rise, especially for youth populations.

There is undoubtedly much work to be done to address this and other mental health concerns. I am happy that Beck Institute is well-positioned to carry that legacy into the future. Thank you for your support of our work.

2021 was a pivotal year for Beck Institute. We created and launched 6 new on-demand courses, expanded our live training options, and shored up our internal capacity with technology upgrades. We also celebrated the 100th birthday of our co-founder, Dr. Aaron T. Beck, and then, sadly, said goodbye to him when he passed away at the end of the year. It was a year of great successes and challenges, all of which required us to show up in a major way for our global community.

I am reminded of a former mentor who often reminded me to look holistically to understand the full journey of our organization, especially when faced with momentary challenges. Though it is easy to focus on single moments, we must consider the breadth of experiences and successes so as not to lose the broader picture. This is how I feel about 2021. With so many momentous things to recognize, I hope you enjoy this Annual Report, which just scratches the surface of this transformative year.

Thank you to our staff, our faculty, our trainees, our partners, and of course, our President and co-founder, Dr. Judith S. Beck, for making this all possible.

Lisa M. Pote, MSW
Executive Director



Lisa M. Pote

DEMAND

The State of Mental Health in America Report revealed that mental health needs continued to rise in 2021. It is more important than ever that health and mental health professionals gain access to the best possible training so that their patients and clients receive the best possible care.

TRAINING BY THE NUMBERS

7,252 unique individuals from over 100 countries trained with us in 2021

Live
CBT and CT-R Workshops

2,264

Attendees at 42 live,
virtual workshops

Center for CT-R

603

Trainees at 14 organizations
across the US

On-Demand
CBT and CT-R Training

1,667

Trainees completed
772 courses

Training for Organizations

2,718

Trainees at 42 domestic and
international organizations

Free Community Lectures

995

Registrations from people
around the world

CBT Certification

27

Clinicians attained
CBT Certification

OTHER PROGRAMS

CLINIC

Our in-house clinic served **360** clients.

*"CBT has always been the most
critical piece of recovery from my
episodes of depression and anxiety."*

- Barbara, Beck Institute client

WEIGHT MANAGEMENT

We launched a new webinar series, introduced 7 coaching groups, and conducted **676** sessions to help individuals make healthier lifestyle choices.

RESEARCH

We conducted a pilot project with an organizational partner in Egypt to test the effectiveness of a group model of Supervision. We found that the preparation program is effective at bolstering CBT skills and helping therapists conduct CBT sessions according to the standards set forth on the Cognitive Therapy Rating Scale (CTRS).

EVENTS

EXCELLENCE SUMMIT

Nearly 150 people from around the world joined this annual event for cutting edge presentations, a roundtable discussion, and networking sessions. We honored Kay Kinsey, PhD, RN, FAAN as our BI Excellence Awardee.

PANEL DISCUSSION

Maternal Mental Health in 2021: Challenges, Opportunities, and Recommendations. This event brought together 640 individuals from 62 countries.

MEMORIAL FOR DR. AARON T. BECK

Hundreds of colleagues attended and pledged to continue his legacy by taking action to improve the mental health of their communities.

"My father continues to be an inspiration to health and mental health practitioners, researchers, and academics all over the world"

DR. JUDITH S. BECK



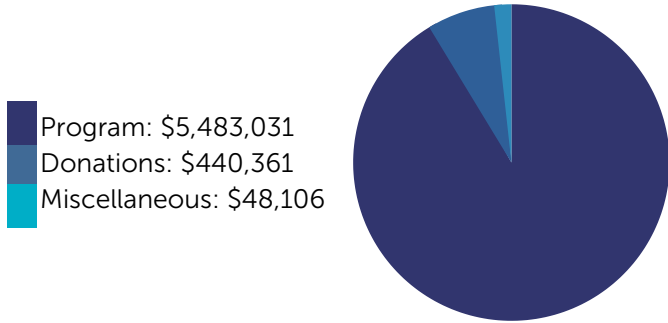
IN THE COMMUNITY

In addition to our programs, we love to connect with our communities at events. This year, we partnered with the American Foundation of Suicide Prevention (AFSP) (left) and the National Alliance for Mental Health (NAMI) (right) for two mental health advocacy walks.

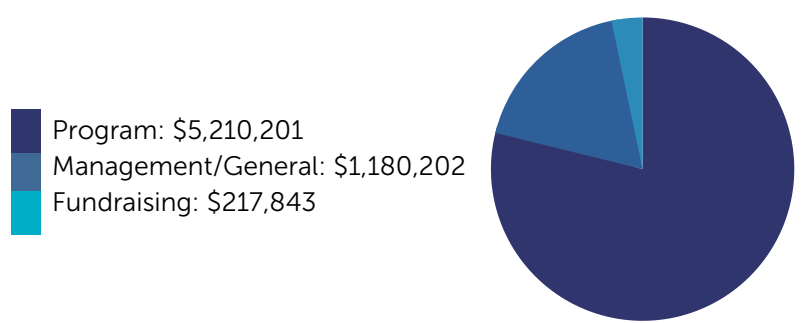


FINANCIALS

INCOME: \$5,971,498



EXPENSES: \$6,608,066



We believe investing in resources is crucial to inspire sustainable change. In 2021, we hired 18 new staff members and invested in software that will allow us to make our training more accessible to individuals and organizations around the world.

SCHOLARSHIPS AND FINANCIAL ASSISTANCE

To increase access to our training programs, we provided the following financial assistance:

**Developing Nations
Discount**

\$92k

**Individual Financial
Assistance**

\$40k

**Military and Veterans
Suicide Prevention
Training Fund (MVSP)**

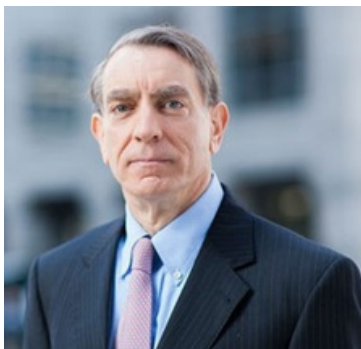
\$4k

**Training for
Organizations and
Group Discounts**

\$15k

BOARD OF DIRECTORS

Richard J. Busis, Esq., Board Chair



Richard Busis

On behalf of the BI Board of Directors, I would like to thank our trainees, donors, faculty, staff, and fellow board members who helped our organization grow and adapt throughout 2021.

Our vision for the future is a world in which access to effective, evidence-based mental health treatment has no barriers. We will work towards this vision by continuing to bring excellent training in CBT and CT-R to health and mental health professionals around the world, adapting and responding to the needs of our trainees and their diverse communities, developing innovative programs that serve our mission, and increasing organizational capacity and financial stability to support us for years to come.

I look forward to working together to build on BI's 27-year history and make our vision a reality.

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*Deceased

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