

- On the Blog and in the News
- Input from Clinicians Wanted!
- Clinical Tip: Structuring Responses
- Upcoming Training Opportunities
- On-Demand Courses Available Now!

courses as well. Our new courses include features such as a Community Discussion Forum allowing interaction with other trainees, 365 days of on-demand access to the course once

CBT courses also fulfill requirements for Beck Institute CBT Certification. **Learn More About On-Demand Courses**

May Is Mental Health Month

continue to rise. In honor of Mental Health Month, we are distributing the below resources free of charge. We hope you will share them with your networks,

emphasizing the importance of access to quality, evidence-based mental health treatment. • Coping with Anxiety Patient Pamphlet • Coping with Depression Patient Pamphlet

- MAY IS



them. Why Self Care Is So Important for Mothers Today Assistant Director of CBT

Programs Sofia Chernoff, PsyD, was interviewed for this article from Main Line Today on the unique stressors that women, and especially mothers, have been facing amid the pandemic. Beck Institute President Emeritus and developer of CBT, Dr. Aaron T. Beck, was honored with a special Presidential Commendation Award from the American Psychiatric Association earlier this month. This award recognizes his lifetime

both clinicians and clients face when it comes to CBGT and how to mitigate

achievements in the assessment and treatment of psychopathology. Beck Institute President Dr. Judith Beck accepted the award on his behalf at the 2021 APA annual meeting, which was held virtually May 1-3. Dr. Beck extends his thanks to APA President Dr. Jeffrey Geller and the APA's nearly 40,000 members worldwide for this wonderful recognition of his work. • Converging Dialogues: The Humanism of Recovery-Oriented Cognitive

Therapy: A Dialogue with Paul Grant & Ellen Inverso The Co-Directors of the Center for CT-R appeared on a podcast recently with host Xavier Bonilla to

spectrum disorders, other applications of CT-R, and more.

discuss the importance of evidence-based treatments, CT-R for schizophrenia

Staff Highlight: Joseph Keifer, PsyD, BSN, RN

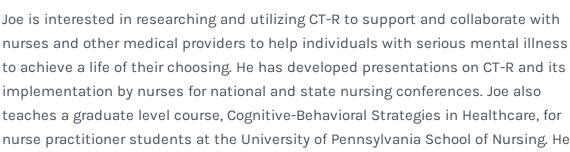
Dr. Joseph Keifer received his doctorate in psychology

Psychology at Widener University with a concentration

psychology, Dr. Keifer worked full time as a registered nurse. As a nurse, he worked in the fields of critical care, acute psychiatric services, and detox nursing.

(PsyD) from the Institute of Graduate Clinical

in Cognitive-Behavioral Therapy/Acceptance & Commitment Therapy (CBT/ACT) and Healthy Psychology. Before pursuing his doctorate in



teaches a graduate level course, Cognitive-Behavioral Strategies in Healthcare, for nurse practitioner students at the University of Pennsylvania School of Nursing. He was recently nominated for an Excellence in Teaching award at the University. **Learn More About Dr. Keifer**

collecting the necessary information. In order to develop the optimal set of questions, one crucial source of input will be from mental health experts working in the clinical field. Are you a clinician who would like to contribute to this project? Then please fill out this questionnaire! It will only take a few minutes to complete this survey, and all information will be processed anonymously.

• Outcome of a Multi-modal CBT-based Treatment Program for Chronic School Refusal

Clinical Tip: Structuring Responses

answer, 'no,' 'yes,' or, 'l'm not sure.'"

Field

Beyond:

WHAT WE'RE READING NOW:

what you need. Providing a guideline can help. For example, during your initial evaluation of a client, you can say, "For the next few questions, I just need you to

In a therapy session, you can say, "Can you tell me, in just a sentence or two,

[blank]?" For example, "Can you tell me, in just a sentence or two, what you think

Watch This Tip

 CBT Strategies for Work-Life Balance June 10 • CBT for Youth June 21-23 CBT for Bipolar Disorder June 29-30

View Our Training Catalog

View Our On-Demand Courses

Input from Clinicians Wanted!

Clinician input is needed for a large-scale, transdiagnostic, 10-year research-project

funded by the Dutch Research Council (NWO) entitled New Science of Mental Disorders. In this project, patients with different forms of psychopathology will answer a set of questions multiple times per day via their mobile phones. The challenge is to keep the burden for participants as low as possible while still

Fill Out the Questionnaire

Recent Research and Resources in the

• Long-term effects of telephone-based cognitive-behavioral intervention for family caregivers of people with dementia: Findings at 3-year follow-up • A meta-analysis of relapse rates in cognitive-behavioral therapy for anxiety

When clients offer you too much information, you can structure their responses, so you'll have time to accomplish

could get in the way of talking to your father this week?"

Watch Dr. Judith Beck explain this clinical tip!

This tip is adapted from the new, third edition of Cognitive Behavior Therapy: Basics and

Upcoming Training Opportunities Virtual, Interactive Workshops

Pre-order CBT for Personality Disorders Check out our bundles for discounted pricing! All four on-demand courses fulfill requirements for Beck Institute CBT Certification.

On-Demand, Online Courses

• Pre-order CBT for Anxiety

• Essentials of CBT • CBT for Depression

GIVE NOW

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- Staff Highlight: Joseph Keifer, PsyD, BSN, RN, Staff Psychologist
- Recent Research and Resources in the Field
- Essentials of CBT and CBT for Depression

Our brand new on-demand, online courses are available for purchase and preorder!

Essentials of CBT and CBT for Depression are available, and you can pre-order bundles including our upcoming CBT for Anxiety and CBT for Personality Disorders

started, and a brand new interface where you can track your progress. These core

Beck Institute's mission of excellence and innovation in CBT research, training, and practice has been especially vital over the past year, as mental health challenges

In this issue: • Essentials of CBT and CBT for Depression On-Demand Courses Available Now! • May is Mental Health Month