On-Demand, Online Courses
Virtual, Interactive Workshops
Upcoming Training Opportunities

what you need. Providing a guideline can help. For example, during your initial structure their responses, so you'll have time to accomplish
When clients offer you too much information, you can

Beyond
This tip is adapted from the new, third edition

Field
Recent Research and Resources in the

information will be processed anonymously.
Are you a clinician who would like to contribute to this project? Then please ll out
collecting the necessary information. In order to develop the optimal set of
answer a set of questions multiple times per day via their mobile phones. The

Disorders funded by the Dutch Research Council (NWO) entitled

Input from Clinicians Wanted!

was recently nominated for an Excellence in Teaching award at the University.
A nurse practitioner students at the University of Pennsylvania School of Nursing. He
teaches a graduate level course, Cognitive-Behavioral Strategies in Healthcare, for
nurses and other medical providers to help individuals with serious mental illness
Joe is interested in researching and utilizing CT-R to support and collaborate with

Staff Highlight: Joseph Keifer, PsyD, BSN,


On the Blog and in the News

May is Mental Health Month
Beck Institute is proud to support the National Alliance on Mental Illness (NAMI) in

CBT courses also fulll requirements for

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

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Essentials of CBT and CBT for Depression

In this issue:
Essentials of CBT

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CBT for Refusal

Outcome of a Multi-modal CBT-based Treatment Program for Chronic School
spectrum disorders, other applications of CT-R, and more.

Therapy: A Dialogue with Paul Grant & Ellen Inverso

Converging Dialogues:
members worldwide for this wonderful recognition of his work.

his thanks to APA President Dr. Jeffrey Geller and the APA's nearly 40,000

Institute President Dr. Judith Beck accepted the award on his behalf at the

Psychiatric Association earlier this month. This award recognizes his lifetime

honored with a special Presidential Commendation Award from the American

Psychiatric Association.

Programs Soa Chernoff, PsyD, was interviewed for this article from Main Line

Why Self Care Is So Important for Mothers Today

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

Addressing Clinician and Client Barriers to Cognitive Behavior Group Therapy

Coping with Depression Patient Pamphlet

Coping with Anxiety Patient Pamphlet

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Clinical Tip: Structuring Responses

On the Blog and in the News

Beck Institute is a 501(c)3 nonprot with the mission of improving
lives worldwide through excellence and innovation in Cognitive
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