

## PUBLICATIONS BY JUDITH S. BECK, PHD

- Beck, A. T., John, B. K., & Beck, J. S. (in press). The Development of Psychiatric Disorders from Adaptive Behavior to Serious Mental Health Conditions. *Cognitive Therapy and Research*.
- Beck, J. S. & Fleming, S. (in press). A Brief History of Aaron T. Beck, MD, and Cognitive Behavior Therapy. *Clinical Psychology in Europe*.
- Beck, J. S. & Fleming, S. (in press). History of the Beck Institute. *Verhaltenstherapie und Psychosoziale Praxis*.
- Beck, J.S. (in press). Foreword. In Nebolsine, E. *The Grit Guide for Kids*. Oakland, CA: New Harbinger.
- Beck, J. S. (in press). Foreword. In Tompkins, M. *The Anxiety and Depression Workbook: Simple, Effective CBT Techniques to Manage Moods and Feel Better Now*. Oakland, CA: New Harbinger.
- Beck, J. S. (in press). Foreword. In Stopa, L. *Imagery in Cognitive Behavior Therapy*. New York, NY: Guilford.
- Beck, J.S. (in press). Foreword. In Oestrich, I. H. (Ed.), *A Textbook of Cognitive Methods in Psychiatric Treatment*. Copenhagen: Dansk Psykologisk Forlag.
- Beck, J. S. (2021). Foreword. In Miller, M. *The Uncontrollable Child*. Oakland, CA: New Harbinger.
- Beck, J. S. (2020). *Cognitive Behavior Therapy: Basics and Beyond* (3<sup>rd</sup> ed.). New York, NY: Guilford.
- Beck, J. S. (2020). *CBT Worksheet Packet, 2020 Edition*. Philadelphia, PA: Beck Institute for Cognitive Behavior Therapy.
- Beck, J.S. (2020). Foreword. In Hofmann, S. G. *The Anxiety Skills Workbook: Simple CBT and Mindfulness Strategies for Overcoming Anxiety, Fear, and Worry*. Oakland: New Harbinger.
- Beck, A., Finkel, M., & Beck, J. (2020). The Theory of Modes: Applications to Schizophrenia and Other Psychological Conditions. *Cognitive Therapy and Research*.

- Beck, J.S. (2019). Foreword. In Wenzel, A., Brown, G. K., & Beck, A. T. *Jisatsu kanja ni taisuru ninchi ryōhō* [Cognitive Therapy for Suicidal Patients] (T. Kono, trans.). Tokyo: Iwasaki Academic Publisher.
- Beck J.S. (2018). [Review of the book *The Therapeutic Relationship in Cognitive-Behavioral Therapy* by N. Kazantzis, F.M. Dattilio, & K.S. Dobson]. *Journal of Psychiatric Practice*.
- Beck, J.S. (2018). Foreword. In Moorey, S. & Lavender, A. (Eds.), *The Therapeutic Relationship in CBT*. Oxford: Oxford University Press.
- Beck, J.S. (2018). Foreword. In Tompkins, M. A. & Thompson, M. Q., *Insomnia Workbook for Teens: Skills to Help You Stop Stressing and Start Sleeping Better*. Oakland: New Harbinger.
- Beck, J.S. (2018). Foreword. In Williams, J.M., *Indefinite Postponement*. New York: Pressed Wafer.
- Beck, J.S. (2018). Foreword. In Clark, D.A., *Controlling Your Mind: A Workbook for Anxiety, Depression and Obsessions*. Oakland: New Harbinger.
- Dobson, K.S., Poole, J.C., & Beck, J.S. (2018). The Fundamental Cognitive Model. In Leahy, R. (Ed.), *Science and Practice in Cognitive Therapy: Foundations, Mechanisms and Applications*. New York: Guilford.
- Beck, J.S., & Hindman, R. (2017). Cognitive therapy. In M. Dewan, R. Greenberg & B. Steenbarger (Eds.) *The art and science of brief psychotherapies: A practitioner's guide (3<sup>rd</sup> ed.)*. Arlington, VA: American Psychiatric Pub.
- Beck, J.S. (2017) Foreword. In Kazantzis, N., Dattilio F.M., Dobson, K.S., *The Therapeutic Relationship in Cognitive Behavior Therapy*. New York: Guilford.
- Beck, J.S. & Hindman, R. (2017). Cognitive Therapy. In Sadock, B.J., Sadock, V.A., Ruiz, P. (Eds.) *Kaplan & Sadock's Comprehensive Textbook of Psychiatry* (10<sup>th</sup> ed.). Philadelphia: Lippincott Williams & Wilkins.
- Beck, J.S. (2017) Foreword. In Milne, D.L. & Reiser, R.P., *A Manual for Evidence-Based CBT Supervision*. Hoboken: Wiley-Blackwell.
- Beck, J.S., Liese, B., & Najavits, L.M. (2016). Cognitive therapy. In R.J. Frances & S.J. Miller (Eds.), *Clinical Textbook of Addictive Disorders*, 4<sup>th</sup> ed. New York: Guilford.
- Beck, J.S., Broder, F., & Hindman, R. (2016) Frontiers in Cognitive Behavior Therapy for Personality Disorders. *Behavior Change*, 1-14.

- Beck, J.S. (2016) Cognitive behavior therapy. *Psychology Review*, 21(3), 12-13.
- Beck, J. S. (2015). When a Personality Disorder Makes Treatment Challenging, *Advances in Cognitive Therapy Newsletter Vol 16, Issue 3*.
- Hindman, R. & Beck J.S. (2015). [Review of the book *Clinical Handbook of Psychological Disorders: A Step-by- Step Treatment Manual*, (5<sup>th</sup> ed.) by D. H. Barlow, ed.]. *Journal of Psychiatric Practice* 21 (4), 317-318.
- Beck, J. S., & Busis, D. B. (2015). *The diet trap solution: Train your brain to lose weight and keep it off for good*. New York: Harper One.
- Beck, J.S., (2014) Recent Developments in Cognitive Behavior Therapy. *The Pennsylvania Psychologist, December 2014 Quarterly*.
- Kazantzis, N., Beck, J. S., Dattilio, F. M., Dobson, K. S., & Rapee, R. (2013). Collaborative empiricism as the central therapeutic relationship element in cognitive behavior therapy: An expert panel discussion at the 7th International Congress of Cognitive Psychotherapy. *International Journal of Cognitive Psychotherapy*.
- Beck, J.S. (2012). Why I am a Cognitive Therapist. In. J. Sommers-Flanagan & R. Sommers-Flanagan (Eds.), *Counseling and Psychotherapy Theories in Context and Practice* (2<sup>nd</sup> ed.). Hoboken, NJ: John Wiley & Sons.
- Beck, J.S. (2012). Foreword. In R.B. Mennuti, A. Freeman & R.W. Christner (Eds.), *Cognitive-behavioral interventions in educational settings*, (2<sup>nd</sup> ed.). New York, NY: Routledge.
- Beck, J.S., Bieling, P.J. & Grant, V.V. (2012). Cognitive therapy. In M. Dewan, R. Greenberg & B. Steenbarger (Eds.) *The art and science of brief psychotherapies: An illustrated guide*. Arlington, VA: American Psychiatric Pub.
- Beck, J.S. (2012). Ten commandments for living with kids. In J.K. Zeig & T. Kulbatski (Eds.) *Ten commandments for couples: For every aspect of your relationship journey*. Phoenix, AZ: Zeig, Tucker, & Theisen.
- Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond* (2<sup>nd</sup> ed.). New York, NY: Guilford.
- Beck, J. S. (2011). Developing a realistic image of the future. In A. Hackman, E. Holmes, & J. Bennett-Levy (Eds.), *Oxford guide to imagery in cognitive therapy*. Oxford: Oxford University Press.
- Beck, J.S. & Beck, A.T. Foreword. (2011). In. L Sokol & M.G. Fox, *Think confident, be confident for teens: A cognitive therapy guide to overcoming self-doubt and creating unshakable self-esteem*. Oakland, CA: New Harbinger.

- Forand, N. R., Gunthert, K. C., Cohen, L. H., Butler, A. C., Beck, J. S. (2011). Preliminary evidence that anxiety is associated with accelerated response in cognitive therapy for depression. *Cognitive Therapy and Research*, 35, 151-160.
- Beck, J. S. (2010). Cognitive therapy. In I. B. Weiner & W. E. Craighead (Eds.), *The Corsini Encyclopedia of Psychology* (4<sup>th</sup> ed.). Hoboken, NJ: John Wiley & Sons.
- Beck, J. S. (2010). Foreword. In Serra, A.M. (Ed.), *Terapia cognitiva da esquizofrenia*. São Paulo: Editora Roca.
- Beck, J. S. (2009). *The complete Beck diet for life*. Birmingham, AL: Oxmoor House Publications.
- Beck, J.S. & Beck, A.T. Foreword. (2009). In L Sokol & M.G. Fox, *Think confident, be confident: A four-step program to eliminate doubt and achieve lifelong self-esteem*. New York: NY: Penguin.
- Beck, J. S & Beck, A.T. Foreword. (2009). In R. R. Wilson, *Don't panic*. New York, NY: Harper Collins Publishers.
- Beck, J. S. (2009). Foreword in J.H. Wright, D. Turkington, D.G. Kingdon, & M.R. Basco, *Cognitive-behavior therapy for severe mental illness: An illustrated guide*. Washington, D.C.: American Psychiatric Publishing.
- Clark, D. A., Hollifield, M., Leahy, R. L., & Beck, J. S. (2009). The cognitive theory for psychiatric disorders. In G. Gabbard, J. S. Beck, and J. Wright (Eds.), *Textbook of psychotherapeutic treatments*. Washington, DC: American Psychiatric Publishing.
- Parrish, B. P., Cohen, L. H., Butler, A. C., Beck, J. S., Laurenceau, J. (2009). Effects of cognitive therapy for depression on daily stress-related variables. *Behavior Research and Therapy*, 47, 444-448.
- Beck, J. S., Sarnat, J., & Barenstein, V. (2008). Psychotherapy-based approaches to supervision. In C. Falendar, & E. Shafransky (Eds.), *Casebook for clinical supervision: A competency based approach*. Washington, D.C.: American Psychological Association.
- Cohen, L. H., Gunthert, K. C., Butler, A. C., Parrish, B. P., Wenze, S. J., Beck, J. S. (2008). Negative affective spillover from daily events predicts early response to cognitive therapy for depression. *Journal of Consulting and Clinical Psychology*, 76, 955-965.
- Pachana, N.A., Knight, B., Karel, M., & Beck, J. (2008). Training of geriatric mental health providers in cognitive behavior therapy-type interventions for older adults. In Gallagher-Thompson, Thompson & Steffan (Eds), *Cognitive Behavior Therapy in Older Adults: A Guide for Practitioners*. New York: Springer Publishing.

- Beck, J.S. (2007). *The Beck diet solution weight loss workbook: The 6-week plan to train your brain to think like a thin person*. Birmingham, AL: Oxmoor House Publications.
- Beck, J.S. (2007). *The Beck diet solution*. Birmingham, AL: Oxmoor House Publications.
- Beck, J.S. & Tompkins, M. (2007). Cognitive therapy. In N. Kazantis & L. L'Abate (Eds.), *Handbook of Homework Assignments in Psychotherapy: Theory, Practice, and Prevention*. New York: Kluwer Academic Publishers.
- Gunthert, K.C., Cohen, L.H., Butler, A.C., & Beck, J.S. (2007). Depression and next-day spillover of negative mood and depressive cognitions following interpersonal stress. *Cognitive Therapy and Research*, 31, 521-532.
- Newman, C.F., Beck, J.S. (2007). Selecting, training, and supervising therapists in randomized controlled trials. In A.M. Nezu & C.M. Nezu (Eds.), *Evidence-Based Outcome Research: A practical guide to conducting randomized controlled trials for psychosocial interventions*. Oxford, UK: Oxford University Press.
- Beck, J.S. & Reilly, C. (2006). Nurses integrate cognitive therapy treatment into primary care: Description and clinical application of a pilot program. *Topics in Advanced Practice Nursing eJournal* 6. Retrieved from <http://www.medscape.com/viewarticle/544402>.
- Beck, J.S. (2005). Foreword. In R.B. Mennuti, A. Freeman & R.W. Christner, R. W. (Eds.), *Cognitive-behavioral interventions in educational settings*. New York: Routledge.
- Beck, J.S. (2005). *Cognitive therapy for challenging problems: What to do when the basics don't work*. New York: Guilford Publications, Inc.
- Beck, J.S., & Butler, A.C. (2005). Treating therapist-patients with cognitive therapy. In J.D. Geller, J. Norcross, & D. Orlinsky (Eds.), *The Psychotherapist's Own Therapy: Patient and Clinician Perspective*. New York: Oxford University Press.
- Beck, J.S., Liese, B., & Najavits, L.M. (2005). Cognitive therapy. In R.J. Frances & S.J. Miller (Eds.), *Clinical Textbook of Addictive Disorders*, 3<sup>rd</sup> ed. New York: Guilford Publications, Inc.
- Beck, J., & Newman, C. (2005). Psychotherapy for bipolar disorder: Treatments to enhance medication adherence and improve outcomes. *Medscape*. Retrieved from <http://www.medscape.com/viewprogram/4003>.
- Dobson, K.S., Beck, J.S., & Beck, A.T. (2005). The academy of cognitive therapy: Purpose, history and future prospects. *Cognitive and Behavioral Practice*, 12, 263-266.

- Steer, R.A., Kumar, G., Beck, A.T., & Beck, J.S. (2005). Dimensionality of the beck youth inventories with child psychiatric outpatients. *Journal of Psychopathology and Behavioral Assessment*, 27, 123-131.
- Gabbard, G., Beck, J.S., & Holmes, J (Eds.) (2005). *Oxford textbook of psychotherapy*. London: Oxford University Press.
- Gunthert, K. C., Cohen, L. H., Butler, A. C., & Beck, J. S. (2005). Predictive role of daily coping and affective reactivity in cognitive therapy outcome: Application of a daily process design to psychotherapy research. *Behavior Therapy*, 36, 79-90.
- Leahy, R.L., Beck, J.S., & Beck, A.T. (2005). Cognitive therapy for the personality disorders. In S. Strack (Ed.), *Handbook of Personology and Psychopathology*. Hoboken, NJ: John Wiley & Sons.
- Beck, A. T., Freeman, A., Davis, D. D. Pretzer, J., Fleming, B., Beck, J. S. et al. (2004). *Cognitive therapy of personality disorders* (2<sup>nd</sup> ed.). New York: Guilford.
- Beck, J.S., & Bieling, P.J. (2004). Cognitive therapy: An introduction to theory and practice. In M. Dewan, R. Greenberg & B. Steenbarger (Eds.), *The Art and Science of Brief Psychotherapies: A Practitioner's Guide*. American Psychiatric Publishing.
- Pretzer, J., & Beck, J.S. (2004). Cognitive therapy of personality disorders: Twenty years of progress. In R. Leahy (Ed.), *Contemporary Cognitive Therapy: Theory, Research, and Practice*. New York: Guilford Press.
- Gibb, B.E., Butler, A.C., & Beck, J.S. (2003). Childhood abuse, depression, and anxiety in adult psychiatric outpatients. *Depression and Anxiety*, 17, 226-228.
- Sudak, D.M., Beck, J.S., & Wright, J. (2003). Cognitive behavioral therapy: A blueprint for attaining and assessing psychiatry resident competency. *Academic Psychiatry*, 27, 154-159.
- Beck, J.S. (2002). Beck therapy approach. In M. Hersen & W. Sledge (Eds.) *Encyclopedia of Psychotherapy*, New York: Academic Press.
- Sudak, D. M., Beck, J.S., & Gracely, E.J. (2002). Psychiatry residency training programs readiness to meet the ACGME requirements in cognitive-behavioral therapy. *Academic Psychiatry*, 26, 96-101.
- Beck, J.S. (2001). Beck youth inventories help counselors assess youths. *The Advocate (American Mental Health Counselors Association)*, 24, 13-14.

- Beck, J.S. (2001). A cognitive therapy approach to medication compliance. In J. Kay (Ed.), *Integrated Treatment of Psychiatric Disorders* (Review of Psychiatry Series, Volume 20, Number 2; Oldham, J.M., & Riba, M.B., Series Eds.), Washington, D.C.: American Psychiatric Publishing, Inc.
- Beck, J.S. (2001). Reviewing therapy notes. In H.G. Rosenthal (Ed.), *Favorite Counseling and Therapy Homework Assignments: Leading Therapists Share Their Most Creative Strategies*. Philadelphia, PA: Brunner-Routledge.
- Beck, J.S., & Beck, A.T. (2001). *Beck youth inventories of emotional and social impairment*. Texas: The Psychological Corporation.
- Beck, J.S., Beck, A.T., & Jolly, J.B. (2001). *Beck youth inventories manual*. Texas: The Psychological Corporation.
- Beck, A.T., Butler, A.C., Brown, G.K., Dahlsgaard, K.K., Newman, C.F., & Beck, J.S. (2001). Dysfunctional beliefs discriminate personality disorders. *Behaviour Research & Therapy*, 39, 1213-1225.
- Beck, J.S. (2000). Competence in cognitive therapy. *Cognitive Therapy*, 2, 1-3.
- Beck, J.S. (2000). Improving medication compliance with cognitive techniques. *Open Minds Advisor*, 2, 1-3.
- Butler, A.C., & Beck, J.S. (2000). Cognitive therapy outcomes: A review of meta-analyses. *The Journal of the Norwegian Psychological Association*, 37.
- Beck, J.S. (1999). Reviewing therapy notes. In H.G. Rosenthal (Ed.), *Favorite Counseling and Therapy Homework Assignments*. Washington, D.C.: Accelerated Development.
- Beck, J.S. (1998). Complex cognitive therapy treatment for personality disorder patients. *Bulletin of the Menninger Clinic*, 62, 170. New York: Guilford.
- Beck, J.S., & Butler, A.C. (1998). Cognitive vulnerability to depression. *Teaching Bulletin on Depression*, 4, 3. World Psychiatric Association.
- Beck, J.S., & Liese, B. (1998). Cognitive therapy. In R.J. Frances & S.I. Miller (Eds.), *Clinical Textbook of Addictive Disorders*, 2<sup>nd</sup> ed. New York: Guilford Publications, Inc.
- Beck, J.S. (1997). Changing core beliefs. In H.G. Rosenthal (Ed.), *Favorite Counseling and Therapy Techniques: 51 Therapists Share Their Most Creative Strategies*. Washington, D.C.: Accelerated Development.

- Beck, J.S. (1997). Personality disorders: Cognitive approaches. In L.J. Dickstein, M.B. Riba, & J.M. Oldham (Eds.), *American Psychiatric Press Review of Psychiatry*, 16. Washington, D.C.: American Psychiatric Publishing.
- Beck, J.S. (1997). Restructuring the meaning of early trauma through imagery. In B. Alford (chair), *Innovative strategies in cognitive therapy: Integrating theory and practice*. Symposium conducted at annual meeting of the Association for the Advancement of Behavior Therapy, Miami, FL.
- Brown, G.K., Beck, A.T., Newman, C.F., Beck, J.S., & Tran, G.Q. (1997). A Comparison of Focused and Standard Cognitive Therapy for Panic Disorder. *Journal of Anxiety Disorders*, 11, 329-345.
- Liese, B., & Beck, J.S. (1997). Cognitive therapy supervision. In C.E. Watkins, Jr. (Eds.), *Handbook of Psychotherapy Supervision*. New York: John Wiley & Sons, Inc.
- Beck, J.S. (1996). Cognitive therapy of personality disorders. In P. Salkovskis & D.M. Clark (Eds.) *Frontiers of Cognitive Therapy: The State of the Art and Beyond*. New York: Guilford Press.
- Beck, J.S. (1996). Cognitive therapy of personality disorders. *Psychiatric Times*, 13, 41.
- Beck, J.S. (1996). Using the Beck scales in clinical practice. *Assessment Focus*, 1, 2.
- Beck, J.S., & Dank, N.R. (1996). Using the Beck scales in correctional and institutional settings. *Assessment Focus*, 2, 1.
- Beck, J.S. (1995). *Cognitive therapy: Basics and beyond*. New York: Guilford.
- Beck, J.S. (1995). New developments in the supervision of cognitive therapists. In C. Watkins (chair), *Supervising psychotherapy: New developments, advances, and possibilities*. Symposium conducted at the annual meeting of the American Psychological Association, New York.
- Beck, J.S. (1995). [Review of the book Rational emotive behavior therapy: A reader]. *Clinical Psychology and Psychotherapy*, 2.
- Beck, J.S. (1995). Transferring cognitive therapy to everyday life. *Behavioral News*, 8, 5-6.
- Beck, A.T. & Beck, J.S. (1995). *The Personality Belief Questionnaire*. Bala Cynwyd, PA: Beck Institute for Cognitive Therapy and Research.
- Steer, R.A., Beck, A.T., Beck, J.S. (1995). Sex effect sizes of the Beck Anxiety Inventory for psychiatric outpatients matched by age and principal disorders. *Assessment*, 2, 31-38.



- Steer, R.A., Beck, A.T., Clark, D.A., & Beck, J.S. (1995). Psychometric properties of the Cognition Checklist with psychiatric outpatients and university students. *Psychological Assessment, 6*, 67-70.
- Beck, J.S. (1994). Helping clients to bring cognitive therapy into their everyday lives. *International Cognitive Therapy Newsletter, 8*, 3.
- Clark, D.A., Beck, A.T., & Beck, J.S. (1994). Symptom differences in major depression, dysthymia, panic disorder, and generalized anxiety disorder. *American Journal of Psychiatry, 151*, 205-209.
- Beck, A.T., Steer, R.A., Beck, J.S., & Newman, C.F. (1993). Hopelessness, depression, suicidal ideation, and clinical diagnosis of depression. *Suicide and Life-Threatening Behavior, 23*, 139-145.
- Beck, A.T., Steer, R.A., & Beck, J.S. (1993). Types of self-reported anxiety in outpatients with DSM-III-R anxiety disorders. *Anxiety, Stress and Coping, 6*, 43-55.
- Beck, A.T., Freeman, A., Pretzer, J., Davis, D., Fleming, B., Ottaviani, R., Beck, J.S., Simon, K., Padesky, C., Meyer, J., & Trexler, L. (1990). *Cognitive Therapy of Personality Disorders*. New York: Guilford.
- Sanderson, W., Beck, A.T., & Beck, J.S. (1990). Syndrome comorbidity in patients with major depression or dysthymia: Prevalence and temporal relationships. *American Journal of Psychiatry, 147*, 1025-1028.
- Padesky, C.A., & Beck, J.S. (1988). Cognitive therapy treatment for avoidant personality disorder. In C. Perris & M. Eisemann (Eds.), *Cognitive psychotherapy: An update*. Umea, Sweden: Department of Psychiatry, University of Umea Press.
- Beck, J.S. (1988). A problem solving framework for managing poor readers in classrooms. *The Reading Teacher, 41*, 774-779.