

TRAINING FOR ORGANIZATIONS

Bring a Beck Institute training program to your team.



ABOUT BECK INSTITUTE



Beck Institute is a leading international source for training, therapy and resources in Cognitive Behavior Therapy (CBT), a time-sensitive, structured, evidence-based practice (EBP) directed toward solving current problems. For over 25 years, the nonprofit Beck Institute has trained tens of thousands of health and mental health professionals across the globe in excellent CBT.

Our expert faculty can assess your organization's needs and deliver a complete training package for staff at all levels of care. We can maximize your organization's investment of time and resources by ensuring that your employees, and ultimately your clients, benefit as much as possible from Beck Institute training.

For more information, contact our Training for Organizations team today.

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TEAM TRAINING

Trainings occur on-site or at the location of your choosing and address the practical application of CBT in your setting. We also offer online training packages for organizations so your staff can complete their training anytime, anywhere.

FOUNDATIONAL TRAINING

We recommend starting with one of our foundational trainings (Essentials of CBT or CBT for Depression) to build a solid foundation in CBT skills for your team.

SPECIALIZED TRAINING

We can offer trainings to fit the needs of your team and the diagnoses and populations that are important to your organization.

TRAINING TOPICS

- Anxiety
- Autism Spectrum Disorders
- Behavior Change
- Bipolar Disorder
- Borderline Personality Disorder
- CBT Essentials
- Chronic Pain
- Depression
- Early Intervention
- Eating Disorders
- Hoarding
- Medical Problems
- OCD
- Panic and Agoraphobia
- Personality Disorders
- Phobias
- Prisons and Forensic Settings
- Psychosis
- Schizophrenia and Severe Mental Health Conditions
- Substance Use Disorders
- Suicide and Hopelessness
- Teaching and Supervising CBT
- Trauma
- Weight Loss and Maintenance
- Working with Military and Veterans
- Youth

SUPERVISION

Ongoing training on how to do CBT after a workshop is crucial to transferring the clinician's new knowledge to their clinical work with clients. Supervision provides individual support for your team as they begin practicing their CBT skills. Our supervision program is designed to help practitioners develop competence in CBT.

INDIVIDUAL SUPERVISION

Each week for 10 weeks, the supervisee submits a session recording for review. The supervisor provides individualized feedback during a 45-minute phone or video conferencing session and a score based on the Cognitive Therapy Rating Scale (CTRS).

GROUP SUPERVISION

Each week for 10 weeks, one group member will submit a client session recording for review. All group members review the recording prior to the supervision session. The supervisor will provide individualized feedback during a 60-minute group phone or video conferencing session and a score based on the CTRS.

SUPERVISION OF SUPERVISION

Deeper training aimed toward CBT sustainability may be available for qualifying supervisors through our Supervision of Supervision Program.

CONSULTATION

Continued consultation provides small group support to your team. Remote sessions with our faculty provide an opportunity to talk through challenges and get feedback on cases.



GROUP CONSULTATION

Group consultation is available by phone or web-based software to organizations seeking ongoing guidance in doing CBT and may follow a team training or supervision. Consultation does not include review of recorded client sessions. One term includes 10 weekly 60-minute sessions.

[BECKINSTITUTE.ORG](https://www.beckinstitute.org)

REMOTE TRAINING

Beck Institute offers a variety of remote training options, from small group consultations conducted over the phone and online, to on demand online courses, to live, interactive virtual workshops conducted by expert faculty.



VIRTUAL WORKSHOPS

Beck Institute staff and faculty have years of experience in providing state-of-the-art CBT training remotely, teaching trainees practical tools and strategies in a convenient, user-friendly format. Virtual workshops for organizations are conducted by expert faculty and are designed to be interactive, engaging, and effective. Our dedicated staff monitor and provide technical support to trainees throughout each workshop.

ON-DEMAND TRAINING

Beck Institute's on-demand courses provide an immersive and supportive learning experience that can be accessed from anywhere, on any device. These comprehensive self-paced courses cover the Essentials of CBT, CBT for Depression, CBT for Anxiety and CBT for Personality Disorders. All of our courses were extensively revised in 2021 to include the most cutting-edge research and latest developments in the field.

BECK CBT CERTIFICATION



RAISING THE BAR FOR EXCELLENCE IN CBT

Our CBT certification program is designed by the Drs. Beck to encourage excellence in CBT. Beck CBT certified clinicians are among the best in their field, comprising a supportive global community of professionals dedicated to providing excellent CBT for their clients. We can provide training for your organization that will put your staff on the path to certification.

FREQUENTLY ASKED QUESTIONS

Are continuing education credits (CEs) available?

We do not provide CEs for organizations. Organizations may apply for CEs through another credentialing source/CE provider.

Who are the Beck Institute faculty?

Our faculty are highly skilled cognitive therapists who work in a variety of settings and treat clients with diverse presenting problems. They are expert clinicians, supervisors and educators and many have been trained by Dr. Aaron Beck and/or Dr. Judith Beck.

Are scholarships available?

Scholarships may be available. Contact us for details.

How soon should I schedule a training at my organization?

We typically schedule workshops at least 3-4 months in advance.

How many people can attend a training at my organization?

Workshop size is up to the organization and the capacity of the training site. We recommend fewer than 80 participants for an individualized experience.

Does Beck Institute provide the training space and audio-visual equipment?

No, the organization is responsible for arrangements with the training venue.

Can a training at my organization be recorded?

No, we do not allow audio or video recordings of trainings.

What do participants receive upon completion of training?

Participants are eligible to receive a certificate of completion to document their training.

Can Beck Institute train organizations located outside the United States?

International training is available. Contact us for pricing.

Who can participate in Supervision?

Participants must be licensed clinicians who have completed at least one Beck Institute course. Clinicians must have access to 2-3 consenting clients, and the ability to submit one audio recording per week for 10 weeks.

Do you have supervisors who specialize in various disorders or populations?

Yes. Beck Institute supervisors represent a wide variety of expertise. You will be matched based on your treatment speciality.

Am I responsible for securing clients, or does Beck Institute provide them?

Supervisees will record clients from their own practice.

What kind of credential will I receive upon completion of one term of supervision?

When you successfully complete the supervision program, you will receive a certificate of completion.

What if my organization serves non-English speaking clients? Can I still participate in supervision?

Supervision is available in Cantonese, Danish, Farsi, French, Korean, Norwegian, Portuguese, Russian, Slovenian, Spanish, Swedish, and Thai. For other languages, translated transcripts of therapy sessions can be used in place of session recordings.

Who should participate in group consultation?

It is up to the organization to decide who participates in group consultation. To maximize learning and maintain momentum, it is important that the same group of participants attend each session in a term.

How is consultation different from supervision?

Consultation does not include review of session recordings. Participants in our consultation program are not eligible to receive a certificate of completion.