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.
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

<table>
<thead>
<tr>
<th>Live CBT and CT-R Workshops</th>
<th>Center for CT-R</th>
<th>On-Demand CBT and CT-R Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,264 Attendees at 42 live, virtual workshops</td>
<td>603 Trainees at 14 organizations across the US</td>
<td>1,667 Trainees completed 772 courses</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Training for Organizations</th>
<th>Free Community Lectures</th>
<th>CBT Certification</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,718 Trainees at 42 domestic and international organizations</td>
<td>995 Registrations from people around the world</td>
<td>27 Clinicians attained CBT Certification</td>
</tr>
</tbody>
</table>

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.
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).

**RESEARCH**

**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.
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.

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

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## OUR DONORS AND PARTNERS

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- Judge Phyllis Beck and Dr. Aaron T. Beck*
- Barbara Jordan
- Brad and Lamia Jacobs
- CFC Contributions
- Barbara Whitman
- Lois Whitman
- Pearson Clinical Assessments

### Advocate ($1,000–$9,999)
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- Larry Beaser
- Richard Busis and Judith Beck
- Guilford Publications
- Jack and Fran Heller
- Steven Hollon
- Iron Order Motorcycle Club
- Dmitri Kovpak
- David Lees
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- Antonella Montano
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- Zindel Segal
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- David and Cindy Shapira
- Barbara Silver
- Caroline Simon
- Janet Hahn and Ken Simon

*Deceased
You make our work possible. Thank you for making 2021 a success.