

The Home of Cognitive Behavior Therapy

Website: beckinstitute.org

Facebook: facebook.com/beckinstitute

LinkedIn: linkedin.com/company/beck-institute-for-cognitive-behavior-therapy/

YouTube: youtube.com/beckinstitute

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About Beck Institute:

Beck Institute is a 501(c)3 nonprofit established in 1994 by Dr. Aaron T. Beck and Dr. Judith S. Beck. As the leading source for Cognitive Behavior Therapy (CBT) training and resources, Beck Institute has provided more than 45,000 clinicians from 130 countries with state-of-the-art training in CBT, the most highly researched and widely adopted of the evidence-based psychotherapies. In 2019, Beck Institute opened the Beck Institute Center for Recovery-Oriented Cognitive Therapy (CT-R) to train professionals and staff who work with individuals with serious mental health conditions. In the same year, Beck Institute launched an intensive CBT certification program designed to raise the bar for excellence in the field through training, mentorship, and feedback from expert faculty. In addition to professional training, Beck Institute provides information and resources for the public on these two forms of evidence-based psychotherapy and operates a small, in-house clinic to treat clients. The Beck Institute Cares website provides information and resources about CBT to the lay public.

Our Mission:

Improving lives worldwide through excellence and innovation in Cognitive Behavior Therapy (CBT) and Recovery-Oriented Cognitive Therapy (CT-R).

Our Impact:

Though CBT has grown substantially in the last 25 years, many people are still unable to access this life-changing treatment because there simply aren't enough well-trained therapists in their locality. Beck Institute works to train clinicians around the world. We envision a world where individuals suffering from depression, anxiety, PTSD, suicidal ideation, substance use disorders and other mental health challenges can access high-quality, evidence-based psychotherapies that help them get better and stay better.

In 2022, we provided over \$140,000 in scholarships to help professionals afford quality CBT training. For more on our impact, see our most recent annual report.

2023 Media Toolkit

How to Reference Our Organization:

Beck Institute may be referred to as:

- Beck Institute for Cognitive Behavior Therapy
- Beck Institute
- BI

Leadership:

- Judith S. Beck, PhD or Dr. Judith S. Beck, President
- Lisa Muchnick Coriano, MSW, Executive Director
- Allen R. Miller, PhD, MBA, or Dr. Allen R. Miller, CBT Program Director

By the Numbers:

- Beck Institute celebrated 29 years in 2023.
- To date we have trained more than 45,000 clinicians in 130 countries.
- There are currently 60 people on staff, three clinicians treating clients and more than 30 expert faculty members.
- In 2022, we trained 77 organizations in CBT and CT-R, reaching over 4,506 trainees.
- Our clinicians treated 358 clients and conducted 3,723 CBT sessions in 2022.

CBT Training

Over the past 29 years, we have worked to extend access to high-quality CBT training to professionals across disciplines, experience, and skill level through innovative programming, including:

- Workshops
- Training for organizations
- On-demand training
- Beck Institute CBT Certification Program
- The Beck Institute Weight Management Program

Defining CBT at Beck Institute

Cognitive Behavior Therapy (CBT) is a time-sensitive, structured, present-oriented psychotherapy that has been scientifically tested and found to be effective in more than 2,000 studies for the treatment of many different health and mental health conditions. When implemented correctly, CBT can help individuals get better and stay better.

Defining CT-R at Beck Institute

Recovery-Oriented Cognitive Therapy (CT-R) provides concrete, actionable steps to promote recovery and resiliency. Originally developed to empower individuals given a diagnosis of schizophrenia, CT-R applies broadly to individuals experiencing extensive behavioral, social, and physical health challenges. CT-R is highly collaborative, person-centered, and strengths-based and focuses on developing and strengthening positive beliefs of purpose, hope, efficacy, empowerment and belonging.