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**BECK INSTITUTE AND HOLY FAMILY UNIVERSITY ANNOUNCE TRAINING PARTNERSHIP TO IMPROVE
CLINICAL COUNSELING SKILLS IN MASTER'S LEVEL GRADUATE STUDENTS**

BALA CYNWYD, PA – Beck Institute for Cognitive Behavior Therapy (BI) and Holy Family University (HFU) announced a partnership to augment and enhance HFU's Cognitive Behavior Therapy (CBT) curriculum for graduate students in its Master's level counseling program. Holy Family University students enrolled in the Master's of Counseling Program will have an opportunity to take part in a 16-week course, beginning in January 2024, that incorporates a research study on CBT through the world-renowned Beck Institute. CBT is a form of psychotherapy that has been found to be effective in treating a wide range of psychiatric disorders, psychological problems, and medical conditions with psychological components in over 2,000 clinical studies.

The project partnership will be led by Holy Family University professor Dr. Patrick McElwaine and Dr. Allen Miller of the Beck Institute. Students participating in the project will complete one of Beck Institute's signature on-demand training courses, *CBT in Practice*, and participate in mock therapy sessions, which will be scored by Beck Institute's expert faculty.

"Knowing the top-notch reputation and quality of work that comes from the Beck Institute, this collaboration provides validation that Holy Family University is providing our students with the best access to evidence-based treatment options, interventions and training," McElwaine said. "Studies like this are usually offered to only doctoral-level students, so we are very excited to present this opportunity to our master-level students. The goal of the study is to see what effectiveness this course has on our students' clinical skills. It will allow our students not only to build a strong foundation and develop into effective therapists, but to really make a difference in people's lives, to meet them where they are and help them to move them toward their personal goals. This partnership will enhance our students' career potential while greatly impacting the lives of their clients and patients."

This partnership will not only provide Beck Institute with important information about the effectiveness of its training, but will help the organization fulfill its non-profit mission to improve lives worldwide

through excellence in CBT. “Beck Institute is excited to partner with Holy Family University in providing this learning opportunity for its graduate students. The research design used to structure the course will lead us to a better understanding of effective teaching methods and of how students learn,” said Miller, who designed the curriculum for the *CBT in Practice* course. “The outcome will inform our path forward about how best to prepare students to become effective cognitive behavior therapists.”

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 addition to professional training, Beck Institute provides information and resources for the public on CBT and CT-R and operates a small, in-house clinic to treat clients. For more information, visit www.beckinstitute.org.

About Holy Family University

Holy Family University is a private institution in the Catholic tradition with campus locations in Philadelphia and Newtown, PA. Founded in 1954, the University is informed by its values-driven mission. Holy Family embraces diversity and inclusion, ensuring a welcoming and accessible learning community for all. The University comprises four schools: Arts & Sciences, Business & Technology, Education, and Nursing & Health Sciences. Nestled in the heart of a historic residential neighborhood in Northeast Philadelphia, and a bucolic setting in Bucks County, the University is just minutes from the excitement of Center City. Holy Family enrolls more than 3,600 students at the undergraduate, graduate, and doctoral levels and was rated the 2023 Safest College in Philadelphia by Niche.com.

Holy Family University is a sponsored ministry of the Sisters of the Holy Family of Nazareth.

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