



COGNITIVE
BEHAVIOR
THERAPY

TRAINING FOR ORGANIZATIONS

Train your team with Beck Institute's experts.



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

ABOUT BECK INSTITUTE



Beck Institute is a leading international source for training, therapy, and resources in Cognitive Behavior Therapy (CBT) and Recovery-Oriented Cognitive Therapy (CT-R). CBT is a time-sensitive, structured, evidence-based practice that has been demonstrated in over 2,000 clinical studies to be an effective treatment for a range of health and mental health conditions and quality of life concerns. CT-R was developed to empower individuals who are experiencing more serious physical, social, and behavioral health challenges. For over 30 years, the nonprofit Beck Institute has trained tens of thousands of health and mental health professionals, paraprofessionals, and other helping professionals across the globe.

We deliver complete training packages to staff at all levels of care within organizations ranging from behavioral health systems and agencies to school systems, forensic settings, military service providers, and more.

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

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TRAINING THAT WORKS

Beck Institute offers a variety of virtual training options for organizations, so your staff can complete their training anytime, anywhere. Our world class training covers a wide range of topics, available in a variety of convenient formats including on-demand courses, recorded webinars, and live virtual workshops. We can also arrange in-person training if preferred.

ON-DEMAND COURSES

The most flexible and accessible way for your staff to learn CBT and CT-R at Beck Institute is with our on-demand courses. We can provide your organization with reports on trainee activity to help facilitate progress.

RECORDED WEBINARS

These shorter self-paced trainings address more specific problems, populations, settings, and staff roles, and can be combined with our on-demand courses to create a training package to meet the needs of your organization.

LIVE VIRTUAL WORKSHOPS

Our virtual workshops are live and interactive, allowing your staff to train directly with our expert faculty through lecture components, Q&A and small group work. Our dedicated staff monitor and provide technical support to trainees throughout each workshop.

PARTIAL LIST OF TRAINING TOPICS

- Basics of CBT: Essentials I
- CBT in Practice: Essentials II
- CBT for Depression
- CBT for Anxiety
- CBT for Personality Disorders
- Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions
- CBT for Suicide Prevention

DEVELOPING COMPETENCE

SUPERVISION WITH OUR EXPERTS

Supervision provides intensive individual support for your team as they begin practicing their CBT skills. Our supervision program is designed to help practitioners develop competence in CBT, and is appropriate for practicing clinicians who are independently licensed (not students or pre-licensed professionals). Deeper training aimed toward CBT sustainability is available to qualifying supervisors through our Supervision of Supervision Program.

INDIVIDUAL SUPERVISION

Supervisees submit weekly client session recordings for review. A Beck Institute expert supervisor provides individualized feedback and a session score based on the Cognitive Therapy Rating Scale-Revised (CTRS-R).

GROUP SUPERVISION

Our Group Supervision program matches a group of 4-6 clinicians with a supervisor who provides mentorship, feedback, and opportunities for reflection critical to improving CBT implementation over approximately 4-8 months. Group supervision is the most affordable way to experience the benefits of supervision with our expert faculty.

"I am a more effective therapist today because of the clinical supervision I received from Beck Institute; it sets a gold standard for education and training."
- William L., Beck Institute Trainee

ONGOING SUPPORT

OUR CONSULTATION PROGRAM



Consultation provides a supportive environment for your staff to continue to build their clinical skills and implement CBT with their clients. During consultation, a group of clinicians is paired with an experienced faculty member to discuss cases, conceptualize challenges encountered in implementing CBT, and problem-solve to develop solutions and implement treatment effectively.

Designed to be less intensive than our supervision program, consultations do not include review of therapy session recordings. Instead, clinicians can ask faculty members about any topic related to CBT, including questions about adapting CBT to different populations and cultures, research, and general development as a clinician. Consultation is appropriate for practicing clinicians who are independently licensed (not students or pre-licensed professionals).

BECK INSTITUTE CBT CERTIFICATION



RAISING THE BAR FOR EXCELLENCE IN CBT

Our CBT certification program was designed by Dr. Aaron T. Beck, Dr. Judith S. Beck, and leading clinicians to encourage excellence in CBT. Beck Institute CBT Certified Clinicians (BICBT-CCs) gain a deeper, more comprehensive understanding of CBT treatment and theory, and demonstrate that they are among the best in our field.

Certified Master Clinicians (BICBT-CMCs) demonstrate a high level of competency in delivering CBT and complete specialized coursework and skill refinement for working with specific populations and conditions.

We can provide training for your organization that will put your staff on the path to certification.

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