

Dr. Judith S. Beck

## President

As President of Beck Institute, Judith S. Beck, PhD, provides the vision and leadership to further our mission: to improve lives worldwide through excellence and innovation in Cognitive Behavior Therapy training, practice and research. She is also Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania where she teaches psychiatric residents. She received her doctoral degree from Penn in 1982.

## Professional Activities

Dr. Beck divides her time among administration, supervision and teaching, clinical work, curriculum development, research, and writing. She has been a consultant for several National Institute of Mental Health (NIMH) studies, has developed widely-adopted assessment scales for children and adolescents, and has made hundreds of presentations nationally and internationally on various applications of CBT.

### Program Development

Dr. Beck oversees all programmatic offerings at Beck Institute, ensuring the content is current, relevant, and appropriately adapted to meet the needs of trainees around the world. Dr. Beck also spearheaded the development of Beck Institute's CBT Certification Program, ensuring that Beck Institute certified clinicians are practicing with fidelity to the model developed and tested in over 2,000 clinical trials.

### On-Demand Courses

Dr. Beck is the primary developer of Beck Institute's core online courses, which have now been taken by health and mental health professionals in over 130 countries. First created in 2015, and extensively revised in 2021, these [core comprehensive courses](#) changed the landscape of mental health training worldwide.

## Publications

Dr. Beck has written over 100 articles and chapters on different aspects of cognitive therapy, as well as books, workbooks, and pamphlets for professionals and the lay public.

### Cognitive Behavior Therapy: Basics and Beyond

The third edition of Dr. Beck's seminal textbook, [Cognitive Behavior Therapy: Basics and Beyond](#) was published by Guilford Press in 2020. This book, previously

translated into more than 20 languages, is an essential resource in the field of mental health, for both students and experienced practitioners who want to update their skills. With chapters on conceptualizing clients, structuring sessions, and establishing and maintaining a strong therapeutic relationship, the textbook explains in a direct and clear style the core techniques and essential features of CBT.

### **Cognitive Therapy for Challenging Problems**

Cognitive Therapy for Challenging Problems, published by Guilford Press in 2007, is an important resource for clinicians who treat clients with longstanding negative, dysfunctional and rigid core beliefs. In Dr. Beck's typically clear and concise manner, this book explains how to engage challenging clients in therapy, build and maintain a strong therapeutic relationship, and help clients change their beliefs at both an intellectual and emotional level.