

CURRICULUM VITAE

PERSONAL DATA

Name: Judith S. Beck, Ph.D.

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Date of Birth: May 5, 1954

PROFESSIONAL CREDENTIALS:

Licensed Psychologist: Commonwealth of Pennsylvania
License Number: PS-004754-L

EDUCATION:

Ph.D. University of Pennsylvania
Graduate School of Arts & Science, 1982

M.A. Columbia University
Educational Psychology, 1976

B.S. University of Pennsylvania
Elementary Education, 1975

FACULTY APPOINTMENTS:

2017 Clinical Professor of Psychology in Psychiatry,
University of Pennsylvania School of Medicine

2000 Clinical Associate Professor of Psychology in Psychiatry,
University of Pennsylvania School of Medicine

1994 Clinical Assistant Professor of Psychology in Psychiatry,
University of Pennsylvania School of Medicine

1991 Assistant Professor of Psychology in Psychiatry,
University of Pennsylvania School of Medicine

- 1990** Clinical Assistant Professor of Psychology in Psychiatry,
University of Pennsylvania School of Medicine
- 1989** Lecturer, Department of Psychiatry,
University of Pennsylvania School of Medicine
- 1989** Lecturer, Department of Psychology, Arcadia University
- 1988** Clinical Associate, Department of Psychiatry,
University of Pennsylvania School of Medicine

EMPLOYMENT:

- 11/11-Present** *President, Beck Institute for Cognitive Behavior Therapy*

Clinical Professor of Psychology in Psychiatry, University of Pennsylvania, Philadelphia, PA.
- 7/94-11/11** *Director, Beck Institute for Cognitive Therapy and Research, Bala Cynwyd, PA.*
Direct all clinical, training, administrative, and research operations.

Clinical Associate Professor of Psychology in Psychiatry, University of Pennsylvania, Philadelphia, PA.
Direct Cognitive Therapy Program for psychiatric residents.
- 2/90-6/94** *Director of Professional Services, Center for Cognitive Therapy, University of Pennsylvania School of Medicine, Department of Psychiatry, Philadelphia, PA.*
Coordination of clinical and training services. Group supervision of postdoctoral fellows. Intramural and extramural training in cognitive therapy. Course director of Cognitive Therapy Program for psychiatric residents. Treatment of outpatient population. Revenue enhancement and public relations for the Center. Co-project director of Panic Disorder outcome study.
- 1/88-1/90** *Staff Psychologist, Center for Cognitive Therapy, University of Pennsylvania School of Medicine, Department of Psychiatry, Philadelphia, PA.*
Treatment of outpatient population using cognitive therapy for depression, anxiety disorders, marital discord, substance abuse, eating disorders, personality disorders. Clinical and administrative responsibilities. Conducting outcome study for panic disorder. Group supervision of postdoctoral fellows. Training of visiting clinicians.
- 1986-1987** *Senior Fellow, Center for Cognitive Therapy, University of Pennsylvania, Philadelphia, PA.*

Treatment of outpatient population as described above. Research study on panic disorder. Training of postdoctoral fellows and visiting clinicians. Group and individual supervision.

- 1984-1986** *Postdoctoral Fellow*, Center for Cognitive Therapy, University of Pennsylvania, Philadelphia, PA.
Treatment of outpatient population using cognitive therapy as described above. Intake assessment. Participation in workshops and training sessions for visiting clinicians. Case presentations, group and individual supervision, diagnostic consultation.
- 1983-1984** *Assistant in Psychology*, McLean Hospital, Harvard University, Belmont, Massachusetts.
Treatment of inpatient population using cognitive/behavioral therapy for wide variety of psychiatric disorders. Group and individual therapy. Outpatient treatment of agoraphobia. Workshops for staff in use of cognitive therapy. Group and individual supervision, case presentations.
- 1980-1981**
June-August *Supervisor*, Benchmark School, Media, PA.
Development and implementation of an individualized program of supervision for teachers at a school for learning disabled children. Direct supervision of teachers and supervisors, use of cognitive techniques.
- 1978-1979** *Teacher*, English as a foreign language, Jerusalem, Israel.
- 1976-1978** *Classroom teacher*, learning disabilities and reading specialist, Benchmark School, Media, PA.

RESEARCH AND OTHER ACTIVITIES:

- Consultant, Scientific Advisory Board Member
NIMH Grant, CBT vs. CBT plus Parent Training for the Treatment of Depression in Preadolescent Girls
- Consultant, Agency for Healthcare Research and Quality
Grant 1 RO3 HSO13750-01A1, Testing the Diathesis Stress Model with Lay Caregivers
- Consultant, Harvard Medical School
Grant R21 MH 58804-01A2, Cognitive Therapy in Obsessive-Compulsive Disorder
- Consultant, University of Louisville, School of Medicine,
Grant 1 R21 MH57479-01, Computer-Assisted Cognitive Therapy for Depression
- Training Consultant, National Institute of Mental Health,
Grant MH5587502, Cognitive Therapy and Pharmacotherapy of Depression
- International Consultant, Cognitive Therapy Association of Norway

Consultant, Emory School of Nursing
 American Heart Association Grant 0465203B, Exercise and Cognitive Behavioral
 Therapy as an Intervention for Depression in Heart Failure Patients

AWARDS:

- 2019** Distinguished Workshop Presenter Award
 American Psychological Association
- 2018** Doctor of Humane Letters (*honoris causa*)
 Philadelphia College of Osteopathic Medicine
- 2018** Doctor of Humane Letters (*honoris causa*)
 Assumption College
- 2017** Clinical Faculty Award
 Department of Psychiatry, Perelman School of Medicine,
 University of Pennsylvania
- 2017** Greater Philadelphia Social Innovations Award for Community and
 Behavioral Health Innovator
 Social Innovations Journal
- 2012** Earl Bond Award for Distinguished Teaching of Medical Students and
 Residents
 University of Pennsylvania Health System, Department of
 Psychiatry
- 2011** Outstanding Contribution by an Individual for Clinical Activities
 Association for Behavioral and Cognitive Therapies
- 2009** Distinguished Workshop Presenter Award
 American Psychological Association
- 2008** Presidential Citation
 Texas Psychological Association
- 2008** Rachel Gundry Visiting Professor Lecture
 University of Maryland School of Medicine
- 2007** National Nursing Centers Consortium
 Health Disparities Award
- 2007** Pennsylvania Psychological Association
 Distinguished Contributions to the Science and Profession of
 Psychology

- 2003 – 2004** Assumption College, Institute for Cognitive Studies
Excellence in Cognitive Therapy Award
- 1998 – 1999** University of Pennsylvania, Department of Psychiatry
Psychiatric Residents Faculty Teaching Award

BOARD AFFILIATIONS:

Academy of Cognitive Therapy, Distinguished Founding Fellow, Representative-at-Large, Jan 2009-present; Past-President, Jan 2007 – January 2009, President, Jan 2005 – Jan 2007, President-Elect, Jan 2003 – Jan 2005, Secretary, Jan 2001 – Jan 2003, Board Member-at-Large, Jan 1998 – Jan 2001, Chair of Credentialing Committee, 1998-1999

Association for Behavioral and Cognitive Therapies, Advisory Board for the Cognitive Therapy Special Interest Group

Cognitive and Behavioral Practice, Editorial Board Member

Cognitive Therapy and Research, Editorial Board Member

Cognitive Behavior Therapy Program for Anxiety and Depressive Disorders, Program Advisory Board of the Ferkauf Graduate School of Psychology, Yeshiva University

Consultative Psychology and Psychotherapy, Editorial Board Member (Russian Journal)

Department of Behavioral Health/Mental Retardation Services, City of Philadelphia, Transition Team

International Association of Cognitive Psychotherapy, Secretary/Treasurer, 1991-1998

International Journal of Cognitive Therapy, Associate Editor

Journal of Psychiatric Practice, Editorial Board Member

Journal of Cognitive and Behavioral Psychotherapy and Research, International Advisory Board Member

Journal of Cognitive Psychotherapy, Editorial Board Member

Pennsylvania Psychological Association

Philadelphia Behavior Therapy Association

Psychological Clinical Science Accreditation System, Advisory Council

Scientific Committee of the 9th International Congress of the International Association for Cognitive Psychotherapy (IACP)

Scientific Advisory Committee of The Canadian Institute for Obsessive Compulsive Disorders,
Board Member

Wellness Community, Professional Advisory Board Member

Van Ameringen Foundation, Board Member

INVITED LECTURES/WORKSHOPS 2008 – Present

- November 2019** Association for Behavioral and Cognitive Therapies
Atlanta, GA
Integrating Mindfulness into a Cognitive Behavior Therapy Framework (Mini-Workshop)
Overcoming Challenges in the Therapeutic Relationship (Mini-Workshop)
Cognitive Behavior Therapy for Depression (Student Workshop)
- October 2019** U.S. Psychiatric and Mental Health Congress
San Diego, CA
The Therapeutic Relationship in CBT (Workshop)
- August 2019** American Psychological Association
Chicago, IL
A Cognitive Behavioral Approach to Weight Loss and Maintenance (Distinguished Workshop Series)
- July 2019** World Congress of Behavioural and Cognitive Therapies
Berlin, Germany
CBT for Personality Disorders (Full Day Pre-Congress Workshop)
A Cognitive Behavioral Approach to Weight Loss and Maintenance (Half-Day In-Congress Workshop)
The Therapeutic Relationship in CBT (Keynote Address)
- March 2019** Anxiety and Depression Association of America
Chicago, IL
Overcoming Therapy-Interfering Behaviors in CBT (Workshop)
- January 2019** The Women’s Mental Health Consortium
New York, NY
CBT for Personality Disorders (Lecture)
- December 2018** Brief Therapy Conference
Burlingame, CA
CBT for Personality Disorders (Workshop)
A Cognitive Behavioral Approach to Weight Loss and Maintenance (Clinical Demonstration)
- December 2018** Stanford University

- Palo Alto, CA
CBT for Personality Disorders (Grand Rounds)
- November 2018** Nordic Conference on Mental Health
Stavanger, Norway
What to Do When the Basics Don't Work: Cognitive Therapy for Challenging Problems (Workshop)
CBT for Personality Disorders (Workshop)
The Therapeutic Relationship in CBT (Keynote)
- November 2018** VGCT Najaarscongres
Veldhoven, Netherlands
Cognitive Conceptualization (Clinical Master Class)
The Therapeutic Relationship in CBT (Keynote)
- October 2018** Philadelphia College of Osteopathic Medicine Supervisor Training Day
Philadelphia, PA
Cognitive Conceptualization (Lecture)
- September 2018** European Association for Behavioral and Cognitive Therapies
Sofia, Bulgaria
The Therapeutic Relationship in CBT (Keynote)
CBT for Personality Disorders (Workshop)
- August 2018** American Psychological Association
San Francisco, CA
Treating the Difficult-to-Treat Depressed Client (Workshop)
- May 2018** American Psychiatric Association
New York, NY
The Therapeutic Relationship in Cognitive Behavior Therapy (Workshop)
Brief Therapy Skills for Everyday Practice (Symposium)
High-Yield Cognitive-Behavior Therapy for Brief Sessions (Workshop)
Challenges in Cognitive-Behavior Therapy: Overcoming Barriers to Effective Treatment (Workshop)
A Cognitive Behavioral Approach to Weight Loss and Maintenance (Workshop)
Practical Cognitive-Behavior Therapy (Workshop)
- April 2018** Anxiety and Depression Association of American
Washington, D.C.
Solving Problems in the Therapeutic Relationship (Master Clinician Session)
- March 2018** Psychotherapy Networker Symposium
Washington, D.C.
Conquering Challenges in the Therapeutic Relationship (Workshop)
- December 2017** The Evolution of Psychotherapy

Anaheim, CA
 Cognitive Behavioral Therapy for Personality Disorders (Workshop)
 Solving Problems in the Therapeutic Alliance (Live Clinical
 Demonstration)
 Resistance (Topical Panel)
 Homework Assignments (Topical Panel)
 New Breakthroughs in Cognitive Therapy: Applications to the Severely
 Mentally Ill (Keynote Speech by Aaron T. Beck, interviewed by Judith S.
 Beck)
 Cognitive Behavior Therapy for Weight Loss and Maintenance
 (Workshop)

- November 2017** Association for Behavioral and Cognitive Therapies
 San Diego, CA
 CBT for Personality Disorders (Workshop)
 Treating the Difficult-to-Treat Depressed Client (Master Clinician
 Session)
- September 2017** European Association for Behavioral and Cognitive Therapies
 Ljubljana, Slovenia
 A Cognitive-Behavioral Approach to Weight Loss and Maintenance
 (Workshop)
 CBT for Personality Disorders (Workshop)
 The Therapeutic Relationship in CBT (Keynote)
- August 2017** American Psychological Association
 Washington, D.C.
 CBT for Personality Disorders (Workshop)
- June 2017** 9th Annual International Congress of Cognitive Psychotherapy
 Cluj-Napoca, Romania
 The Therapeutic Relationship in CBT (Keynote)
 CBT for Personality Disorders (Workshop)
- May 2017** American Psychiatric Association
 San Diego, CA
 A Cognitive Behavioral Approach to Weight Loss and Maintenance
 (Workshop)
 Cognitive Behavior Therapy for Suicide Risk (Interactive Session)
 Challenges in Cognitive-Behavior Therapy: Overcoming Barriers to
 Effective Treatment (Interactive Session)
- April 2017** Anxiety and Depression Association of America
 San Francisco, CA
 Treating the Difficult-to-Treat Depressed Patient (Master Clinician
 Session)
- October 2016** Association for Behavioral and Cognitive Therapies
 New York, NY

- The Therapeutic Relationship in CBT (Master Clinician Seminar)
- October 2016** U.S. Psychiatric and Mental Health Congress
San Antonio, TX
Challenging Issues in CBT: Handling the Difficult Patient (Workshop)
- October 2016** IPS: The Mental Health Services Conference
Washington, DC
Cognitive Behavior Therapy for Personality Disorders (Workshop)
- September 2016** European Association for Behavioral and Cognitive Therapies
Stockholm, Sweden
Cognitive Behavior Therapy for Personality Disorders (Workshop)
A Cognitive Behavioral Approach to Weight Loss and Maintenance (Workshop)
A Personal History of Aaron T. Beck and Cognitive Therapy (Keynote Speech)
- August 2016** American Psychological Association
Denver, CO
CBT for Personality Disorders (Workshop)
- June 2016** World Congress of Behavioural and Cognitive Therapies
Melbourne, Australia
A Cognitive Behavioral Approach to Weight Loss and Maintenance (Workshop)
Discussion Panel on the Themes from Aaron T. Beck's Special Address (Chair)
Personality Disorders (Keynote Presentation)
Cognitive Behavior Therapy for Personality Disorders (Workshop)
- May 2016** American Psychiatric Association
Atlanta, GA
CBT for Personality Disorders (Workshop)
Practicing CBT: An Experiential Workshop
A Cognitive-Behavioral Approach to Weight Loss and Maintenance (Workshop)
- March 2016** Anxiety and Depression Association of America
Philadelphia, PA
The Therapeutic Relationship in CBT for Personality Disorders (Master Clinician Session)
- March 2016** Psychotherapy Networker
Washington, D.C.
A CBT Approach to Depression: Challenging the Myths (Workshop)
- November 2015** Association for Behavioral and Cognitive Therapies
Chicago, IL

- Cognitive Behavior Therapy for Personality Disorders (Seminar)
- October 2015** Institute on Psychiatric Services (IPS): Mental Health Services Conference
New York, NY
A Cognitive Behavioral Approach to Weight Loss and Maintenance
(Workshop)
- August 2015** European Association of Behavioral and Cognitive Therapies (EABCT)
Congress
Jerusalem, Israel
Cognitive Behavior Therapy for Weight Loss and Maintenance (Keynote)
Cognitive Behavior Therapy for Personality Disorders (Workshop)
- August 2015** Community Council Health Systems Summer Clinical Training Series
Philadelphia, PA
Cognitive Behavior Therapy for Children and Adults (Workshop)
- July 2015** American Mental Health Counselors Association Annual Conference
Philadelphia, PA
Keynote Address
- May 2015** American Psychiatric Association
Toronto, Ontario
Challenges in Cognitive-Behavior Therapy: Overcoming Barriers to
Effective Treatment (Interactive Session)
Cognitive Therapy for Depression (Symposium)
Practicing Cognitive Behavior Therapy: An Experiential Workshop
(Workshop)
A Cognitive Behavioral Approach to Weight Loss and Maintenance
(Workshop)
- April 2015** Anxiety and Depression Association of America Conference
Miami, FL
Cognitive-Behavior Therapy for Personality Disorders (Workshop)
- March 2015** University of British Columbia
Richmond, Vancouver
CBT for Personality Disorders: Basics and Beyond
Cognitive Behavior Therapy for Personality Disorders: Basics and Beyond
- March 2015** International Society of Psychiatric-Mental Health Nurses Conference
Seattle, WA
Cognitive Behavior Therapy for Personality Disorders (Keynote)
- November 2014** Association for Behavioral and Cognitive Therapies
Philadelphia, PA
A Conversation with Aaron T. Beck and Judith Beck
- October 2014** Minding Your Mind: Blue Gene Gala

- Bryn Mawr, PA
Keynote Address
- September 2014** U.S. Psychiatric & Mental Health Congress
Orlando, FL
Featured Session: CBT for Personality Disorders
- September 2014** European Association of Behavioral and Cognitive Therapies (EABCT)
Congress
The Hague, Netherlands
Cognitive Therapy (Master Class)
The Therapeutic Relationship and Personality Disorders (Keynote)
- August 2014** Centro de Psicoterapia Cognitiva, Cancun, Mexico
Webinar
- July 2014** The Science and Business of Obesity Management for the New or
Experienced Practitioner
Philadelphia, PA
The Missing Ingredient in Weight Loss: A CBT Approach (Keynote)
- June 2014** 8th International Congress of Cognitive Psychotherapy (ICCP)
Hong Kong
The Therapeutic Alliance in CBT for Patients with Axis II Disorders
(Keynote)
A Cognitive Behavioral Approach to Weight Loss and Maintenance
(Workshop)
The Use of Socratic Dialogue for Guided Discovery in CBT (Discussant)
- May 2014** American Psychiatric Association
New York, NY
Cognitive Behavior Therapy for Personality Disorders
CBT for Treatment-Resistant Depression
A Cognitive Behavioral Approach to Weight Loss and Maintenance
High-Yield Cognitive Behavior Therapy for Brief Sessions
Cognitive Behavior Therapy for Suicide Risk
Practicing Cognitive Behavior Therapy: An Experiential Workshop
- March 2014** Psychotherapy Networker Symposium
Washington, DC
Overcoming Emotional Eating: A Cognitive Behavioral Approach
- December 2013** Evolution of Psychotherapy Conference
Anaheim, CA
Successful Weight Loss and Maintenance: A CBT Skills Building
Approach (Workshop)
Cognitive Therapy for Challenging Problems (Workshop)
A Cognitive Behavioral Consultation for Weight Loss & Maintenance
(Live Clinical Demonstration)

Resistance (Topical Panel)
 Aaron T. Beck: Cognitive Therapy Past, Present, and Future Pathways,
 Aaron T. Beck interviewed by Judith S. Beck (Keynote)

- November 2013** Association for Behavioral and Cognitive Therapies
 Nashville, TN
 Clinical Intervention Training: Cognitive Behavior Therapy for
 Personality Disorders
- November 2013** Memorial Sloan Kettering Cancer Center
 New York, NY
 Cognitive Behavior Therapy for Depression (Grand Rounds)
- October 2013** Sheppard Pratt Health System
 Baltimore, MD
 Cognitive Behavior Therapy for Personality Disorders
 (Grand Rounds)
- September 2013** European Association for Behavioural and Cognitive Therapies
 Annual Congress
 Marrakech, Morocco
 Cognitive Therapy for Depression
 A Cognitive Behavioural Program for Weight Loss and Maintenance
 Cognitive Therapy of Personality Disorders (Keynote)
- July 2013** World Congress of Behavior and Cognitive Therapies
 Lima, Peru
 Cognitive Behavior Therapy for Personality Disorders (Keynote Lecture)
 Cognitive Behavior Therapy for Personality Disorders (Master Clinician)
 A Cognitive Behavioral Program for Weight Loss and Maintenance
 (Workshop)
- May 2013** American Psychiatric Association
 San Francisco, CA
 Advances in Brief Therapy (Symposium)
 Cognitive Behavior Therapy for Personality Disorders
 Practical CBT Master Course
 Combining CBT with Pharmacotherapy: High Yield Methods for Brief
 Sessions
- April 2013** World Health Organization CBT Conference
 Beijing, China
 Cognitive Behavior Therapy for Anxiety Disorders
 An Overview of Cognitive Behavior Therapy and Future Directions (Plenary
 Lecture)
- April 2013** Villanova University Counseling Center
 Villanova, PA
 Coping with Stress

- March 2013** Psychotherapy Networker Symposium
Washington, DC
Cognitive Behavior Therapy for Personality Disorders
- March 2013** Montefiore Medical Center
New York, NY
Cognitive Therapy for Personality Disorders (grand rounds)
- November 2012** WPA-INA-HSRPS International Psychiatric Congress and University of
Thessaloniki
Cognitive Behavior Therapy for Weight Loss and Maintenance
- November 2012** Wright State University
Dayton, OH
Cognitive Therapy for Personality Disorders (grand rounds)
- November 2012** Association for Behavioral and Cognitive Therapies
National Harbor, MD
Master Clinician's Seminar: Cognitive Behavioral Techniques: Modifying
Core Beliefs
- October 2012** St. Vincent Bariatric Center of Excellence
Indianapolis, IN
Helping People Change: It's the Thought that Counts
- October 2012** American Psychiatric Association Institute on Psychiatric Services
New York, NY
Cognitive Behavior Therapy for Personality Disorders
- August, 2012** American Psychological Association
Orlando, FL
Cognitive Behavior Therapy for Personality Disorders
A Cognitive Behavioral Approach to Weight Loss and Maintenance
- July, 2012** Robard Corporation Annual Conference
Philadelphia, PA
Conquering Hunger, Craving, and Emotional Eating
- May, 2012** British Association for Behavioural and Cognitive Psychotherapies,
London Branch Conference
London, UK
Cognitive Behavior Therapy for Personality Disorders
- May, 2012** American Psychiatric Association
Philadelphia, PA
Practical CBT Master Course
Cognitive Behavior Therapy for Personality Disorders

High-Yield CBT for Brief Sessions

- March, 2012** Psychotherapy Networker Symposium
Washington, DC
Thinking Thinner: A Cognitive Behavioral Approach to Weight Loss and Maintenance
- March, 2012** Betty Ford Center Women's Symposium
Los Angeles, CA
Cognitive Behavior Therapy for Challenging Problems
- March, 2012** University of Medicine and Dentistry of New Jersey
Cherry Hill, NJ
Cognitive Behavior Therapy for Personality Disorders (grand rounds)
- January, 2012** 3rd National Greek Congress of Cognitive Therapies
Cognitive Behavior Therapy for Personality Disorders (keynote webinar)
- December, 2011** Rosemead School of Psychology
Cognitive Behavior Therapy (webinar)
- December, 2011** University of Pennsylvania
Philadelphia, PA
Cognitive Therapy for Personality Disorders (grand rounds)
- October, 2012** Scandinavian Institute for Cognitive Therapy and Training
Cognitive Behavior Therapy (webinar)
- October, 2011** Trevecca Nazarene University
Nashville, TN
Cognitive Behavior Therapy for Personality Disorders
- August, 2011** American Psychological Association
Washington, DC
Cognitive Behavior Therapy for Personality Disorders
Up Close and Personal with Judith S. Beck, Ph.D. (plenary session)
- July, 2011** 3rd Asian CBT Conference
Seoul, South Korea
Cognitive Behavior Therapy for Weight Loss and Maintenance
Cognitive Behavior Therapy for Personality Disorders (plenary lecture)
- June, 2011** 7th Annual International Congress of Cognitive Psychotherapy
Istanbul, Turkey
A Cognitive Behavioral Program for Weight Loss and Maintenance
When Basics Do Not Work: Working with Complex Cases
Cognitive Behavior Therapy for Personality Disorders (keynote)
Cognitive Behavior Therapy for Personality Disorders (masters clinician session)

Unresolved Issues Regarding the Research and Practice of Cognitive Behavior Therapy Process: The Case of Collaborative Empiricism (panel discussion)

- May, 2011** American Psychiatric Association
Honolulu, HI
Practical CBT Master Course
Cognitive Behavior Therapy for Personality Disorders
High-Yield CBT for Brief Sessions
- March, 2011** American Counseling Association
New Orleans, LA
Advances in Cognitive Therapy (keynote)
- March, 2011** Psychotherapy Networker Symposium
Washington, DC
Thinking Thinner: Using CBT for Weight Loss and Maintenance
- March, 2011** New York City Cognitive Behavioral Therapy Association
New York, NY
Cognitive Behavior Therapy for Personality Disorders
- March, 2011** British Columbia Psychological Association
Vancouver, BC
Cognitive Behavior Therapy for Personality Disorders
- December, 2010** Brief Therapy Conference
Orlando, FL
Cognitive Behavior Therapy for Personality Disorders
Successful Dieting and Maintenance: A Cognitive Behavioral Program
Overweight and Obesity: State of the Art Research-Based Treatment (keynote)
- November, 2010** Association for Behavioral and Cognitive Therapies
San Francisco, CA
Clinical Grand Rounds: Case Conceptualization of Core Schemas using Cognitive Therapy
Training in Evidence-Based Practice (panelist)
- October, 2010** European Association for Behavioural and Cognitive Therapies
Milan, Italy
Cognitive Behavioral Approach to Weight Loss
Cognitive Behavior Therapy for Personality Disorders (keynote)
- October, 2010** Beth Israel
New York, NY
Cognitive Therapy for Personality Disorders (grand rounds)
- August, 2010** American Psychological Association

- San Diego, CA
Cognitive Therapy for Personality Disorders
Eminent Psychotherapies Revealed: Modifying Core Beliefs in CT
(symposium)
- July, 2010** Professional Education Systems Institute (PESI)
King of Prussia, PA
Cognitive Therapy for Challenging Problems
- July, 2010** Robard Corporation Annual Conference
Philadelphia, PA
Secrets of Successful Weight Loss: A Cognitive Behavioral Approach
- June, 2010** 20th IFP World Congress of Psychotherapy
Lucerne, Switzerland
Cognitive Therapy for Personality Disorders
- June, 2010** World Congress of Behavior and Cognitive Therapies
Boston, MA
Cognitive Therapy for Challenging Problems
A Cognitive Behavioral Approach to Weight Loss and Maintenance
- May, 2010** American Psychiatric Association
New Orleans, LA
Cognitive Therapy for Personality Disorders
Cognitive Behavior Therapy: Troubleshooting Common Challenges
Practical Cognitive Behavior Therapy Master Course
- May, 2010** The Obesity Treatment and Prevention Conference
Washington, DC
Invited Lecture: A Cognitive Behavioral Approach to Motivating Patients
- April, 2010** The Norwegian Association of Cognitive Therapy
Kenya
Cognitive Behavior Therapy: Basics and Beyond
Cognitive Therapy for Challenging Problems
A CBT Approach to Weight Loss and Maintenance
Cognitive Behavior Therapy for Personality Disorders
- March, 2010** Psychotherapy Networker Symposium
Washington, DC
A CBT Approach to Personality Disorders
- March, 2010** Combat Stress Intervention Program
Canonsburg, PA
Cognitive Behavior Therapy
- December, 2009** Sixth Evolution of Psychotherapy Conference
Anaheim, CA

Cognitive Therapy for Personality Disorders
 Cognitive Therapy for Weight Loss and Maintenance;
 Cognitive Therapy for Depression
 Advances in Cognitive Therapy

- October, 2009** Professional Education Systems Institute (PESI)
 Successful Weight Loss and Maintenance: A Cognitive Therapy Approach
- October, 2009** Annual Depression Center Conference
 Louisville, KY
 Coping with Stress and Depression in Today's World (public lecture)
 Cognitive Therapy for Depression: Challenges and Opportunities
 A Cognitive Behavioral Approach to Weight Loss and Maintenance
- September, 2009** Pennsylvania's Governor Conference for Women
 Philadelphia, PA
 Think Your Way to Healthy Living
- August, 2009** American Psychological Association
 Toronto, Canada
 A Cognitive Therapy Approach to Weight Loss and Lifetime Maintenance
 Cognitive Therapy for Personality Disorders
 Changing Core Beliefs in Cognitive Therapy (symposium)
- July, 2009** Argosy University Skype Seminar
 Cognitive Therapy for Challenging Problems
- June, 2009** Professional Education Systems Institute (PESI)
 Cognitive Therapy for Challenging Problems
- June, 2009** Temple Beth Hillel
 Wynnewood, PA
 Healthy Eating
- May, 2009** American Psychiatric Association
 San Francisco, CA
 Cognitive Therapy for Personality Disorders
 Master Course: Practical Cognitive Behavioral Therapy
- March, 2009** Annual Networker Symposium
 Washington, DC
 Thinking Thin: A Cognitive Therapy Approach to Dieting
- December, 2008** Brief Therapy Conference
 San Diego, CA
 Dieting and Maintenance: A CBT Approach
 Successful Dieting and Maintenance: Dealing with Emotional Issues
- November, 2008** Texas Psychological Association

- Austin, TX
Cognitive Therapy for Personality Disorders (keynote)
- November, 2008** Association for Cognitive and Behavioral Therapies
Orlando, FL
Cognitive and Behavioral Techniques for Weight Loss and Maintenance
- September, 2008** Massachusetts General Hospital Grand Rounds
Boston, MA
Cognitive Therapy for Personality Disorders
- August, 2008** American Psychological Association Convention
Boston, MA
Cognitive Therapy for Personality Disorders
Modifying Core Beliefs in Cognitive Therapy
Planning Supervision Before and Within Supervision Sessions
- June, 2008** International Congress of Cognitive Psychotherapy
Rome, Italy
Keynote: Cognitive Therapy for Personality Disorders
Cognitive Therapy for Weight Loss and Maintenance
- May, 2008** CBT Istanbul
Istanbul, Turkey
The Case for Cognitive Therapy
- May, 2008** American Psychiatric Association
Washington, DC
Cognitive Therapy for Personality Disorders
Cognitive and Behavioral Techniques to Improve Brief Pharmacotherapy Sessions
- February, 2008** Friends' Health Connection
New Brunswick, NJ
Questions and Answers about The Beck Diet Solution
- February, 2008** University of Maryland Grand Rounds
Baltimore, MD
Cognitive Therapy for Personality Disorders
Advances in Cognitive Therapy
- February, 2008** Institute for the Advancement of Human Behavior
Houston, TX, Dallas, TX, Seattle, WA, Portland, OR
Using Cognitive Behavioral Techniques for Weight Loss and Maintenance
- January, 2008** Pennsylvania Society for Clinical Social Workers
Philadelphia, PA
Cognitive Therapy for Depression

PROFESSIONAL PUBLICATIONS:

- Beck, J.S. (2020). Foreword. In Hofmann, S. G. *The Anxiety Skills Workbook: Simple CBT and Mindfulness Strategies for Overcoming Anxiety, Fear, and Worry*. Oakland: New Harbinger.
- Beck, A., Finkel, M., & Beck, J. (2020). The Theory of Modes: Applications to Schizophrenia and Other Psychological Conditions. *Cognitive Therapy and Research*.
- Beck, J.S. (in press). Foreword. In Wenzel, A., Brown, G. K., & Beck, A. T. *Jisatsu kanja ni taisuru ninchi ryōhō* [Cognitive Therapy for Suicidal Patients] (T. Kono, trans.). Tokyo: Iwasaki Academic Publisher.
- Beck J.S. (2018). [Review of the book *The Therapeutic Relationship in Cognitive-Behavioral Therapy* by N. Kazantzis, F.M. Dattilio, & K.S. Dobson]. *Journal of Psychiatric Practice*.
- Beck, J.S. (2018). Foreword. In Moorey, S. & Lavender, A. (Eds.), *The Therapeutic Relationship in CBT*. Oxford: Oxford University Press.
- Beck, J.S. (2018). Foreword. In Tompkins, M. A. & Thompson, M. Q., *Insomnia Workbook for Teens: Skills to Help You Stop Stressing and Start Sleeping Better*. Oakland: New Harbinger.
- Beck, J.S. (in press). Foreword. In Oestrich, I. H. (Ed.), *A Textbook of Cognitive Methods in Psychiatric Treatment*. Copenhagen: Dansk Psykologisk Forlag.
- Beck, J.S. (2018). Foreword. In Williams, J.M., *Indefinite Postponement*. New York: Pressed Wafer.
- Beck, J.S. (2018). Foreword. In Clark, D.A., *Controlling Your Mind: A Workbook for Anxiety, Depression and Obsessions*. Oakland: New Harbinger.
- Dobson, K.S., Poole, J.C., & Beck, J.S. (2018). The Fundamental Cognitive Model. In Leahy, R. (Ed.), *Science and Practice in Cognitive Therapy: Foundations, Mechanisms and Applications*. New York: Guilford.
- Beck, J.S., & Hindman, R. (2017). Cognitive therapy. In M. Dewan, R. Greenberg & B. Steenbarger (Eds.) *The art and science of brief psychotherapies: A practitioner's guide (3rd ed.)*. Arlington, VA: American Psychiatric Pub.
- Beck, J.S. (2017) Foreword. In Kazantzis, N., Dattilio F.M., Dobson, K.S., *The Therapeutic Relationship in Cognitive Behavior Therapy*. New York: Guilford.
- Beck, J.S. & Hindman, R. (2017). Cognitive Therapy. In Sadock, B.J., Sadock, V.A., Ruiz, P. (Eds.) *Kaplan & Sadock's Comprehensive Textbook of Psychiatry (10th ed.)*. Philadelphia: Lippincott Williams & Wilkins.
- Beck, J.S. (2017) Foreword. In Milne, D.L. & Reiser, R.P., *A Manual for Evidence-Based CBT Supervision*. Hoboken: Wiley-Blackwell.

- Beck, J.S., Liese, B., & Najavits, L.M. (2016). Cognitive therapy. In R.J. Frances & S.J. Miller (Eds.), *Clinical Textbook of Addictive Disorders*, 4th ed. New York: Guilford.
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