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Essentials of CBT and CBT for Depression On-Demand Courses Available Now!

Our brand new on-demand, online courses are available for purchase and preorder! [Essentials of CBT](#) and [CBT for Depression](#) are available, and you can pre-order bundles including our upcoming [CBT for Anxiety](#) and [CBT for Personality Disorders](#) courses as well.

Our new courses include features such as a Community Discussion Forum allowing interaction with other trainees, 365 days of on-demand access to the course once started, and a brand new interface where you can track your progress. These core CBT courses also fulfill requirements for [Beck Institute CBT Certification](#).

[Learn More About On-Demand Courses](#)

May Is Mental Health Month

Beck Institute's mission of excellence and innovation in CBT research, training, and practice has been especially vital over the past year, as mental health challenges continue to rise. In honor of Mental Health Month, we are distributing the below resources free of charge. We hope you will share them with your networks, emphasizing the importance of access to quality, evidence-based mental health treatment.

- [Coping with Anxiety Patient Pamphlet](#)
- [Coping with Depression Patient Pamphlet](#)



On the Blog and in the News

- [Addressing Clinician and Client Barriers to Cognitive Behavior Group Therapy](#) BI expert faculty member Wendy Wild, PsyD, sheds light on common barriers both clinicians and clients face when it comes to CBGT and how to mitigate them.
- [Why Self Care Is So Important for Mothers Today](#) Assistant Director of CBT Programs Sofia Chernoff, PsyD, was interviewed for this article from Main Line Today on the unique stressors that women, and especially mothers, have been facing amid the pandemic.
- Beck Institute President Emeritus and developer of CBT, [Dr. Aaron T. Beck](#), was honored with a special Presidential Commendation Award from the American Psychiatric Association earlier this month. This award recognizes his lifetime achievements in the assessment and treatment of psychopathology. Beck Institute President Dr. Judith Beck accepted the award on his behalf at the 2021 APA annual meeting, which was held virtually May 1-3. Dr. Beck extends his thanks to APA President Dr. Jeffrey Geller and the APA's nearly 40,000 members worldwide for this wonderful recognition of his work.
- [Converging Dialogues: The Humanism of Recovery-Oriented Cognitive Therapy: A Dialogue with Paul Grant & Ellen Inverso](#) The Co-Directors of the Center for CT-R appeared on a podcast recently with host Xavier Bonilla to discuss the importance of evidence-based treatments, CT-R for schizophrenia spectrum disorders, other applications of CT-R, and more.

Staff Highlight: Joseph Keifer, PsyD, BSN, RN



[Dr. Joseph Keifer](#) received his doctorate in psychology (PsyD) from the Institute of Graduate Clinical Psychology at Widener University with a concentration in Cognitive-Behavioral Therapy/Acceptance & Commitment Therapy (CBT/ACT) and Healthy Psychology. Before pursuing his doctorate in psychology, Dr. Keifer worked full time as a registered nurse. As a nurse, he worked in the fields of critical care, acute psychiatric services, and detox nursing.

Joe is interested in researching and utilizing CT-R to support and collaborate with nurses and other medical providers to help individuals with serious mental illness to achieve a life of their choosing. He has developed presentations on CT-R and its implementation by nurses for national and state nursing conferences. Joe also teaches a graduate level course, Cognitive-Behavioral Strategies in Healthcare, for nurse practitioner students at the University of Pennsylvania School of Nursing. He was recently nominated for an Excellence in Teaching award at the University.

[Learn More About Dr. Keifer](#)

Input from Clinicians Wanted!

Clinician input is needed for a large-scale, transdiagnostic, 10-year research-project funded by the Dutch Research Council (NWO) entitled [New Science of Mental Disorders](#). In this project, patients with different forms of psychopathology will answer a set of questions multiple times per day via their mobile phones. The challenge is to keep the burden for participants as low as possible while still collecting the necessary information. In order to develop the optimal set of questions, one crucial source of input will be from mental health experts working in the clinical field.

Are you a clinician who would like to contribute to this project? Then please fill out this [questionnaire](#)! It will only take a few minutes to complete this survey, and all information will be processed anonymously.

[Fill Out the Questionnaire](#)

Recent Research and Resources in the Field

WHAT WE'RE READING NOW:

- [Long-term effects of telephone-based cognitive-behavioral intervention for family caregivers of people with dementia: Findings at 3-year follow-up](#)
- [A meta-analysis of relapse rates in cognitive-behavioral therapy for anxiety disorders](#)
- [Return of a Multi-modal CBT-based Treatment Program for Chronic School Refusal](#)

Clinical Tip: Structuring Responses

This tip is adapted from the new, third edition of [Cognitive Behavior Therapy: Basics and Beyond](#):



[Watch Dr. Judith Beck explain this clinical tip!](#)

When clients offer you too much information, you can structure their responses, so you'll have time to accomplish what you need. Providing a guideline can help. For example, during your initial evaluation of a client, you can say, "For the next few questions, I just need you to answer, 'no,' 'yes,' or, 'I'm not sure.'"

In a therapy session, you can say, "Can you tell me, in just a sentence or two, [blank]?" For example, "Can you tell me, in just a sentence or two, what you think could get in the way of talking to your father this week?"

[Watch This Tip](#)

Upcoming Training Opportunities

Virtual, Interactive Workshops

- [CBT Strategies for Work-Life Balance](#) June 10
- [CBT for Youth](#) June 21-23
- [CBT for Bipolar Disorder](#) June 29-30

[View Our Training Catalog](#)

On-Demand, Online Courses

- [Essentials of CBT](#)
 - [CBT for Depression](#)
 - Pre-order [CBT for Anxiety](#)
 - Pre-order [CBT for Personality Disorders](#)
 - [Check out our bundles for discounted pricing!](#)
- All four on-demand courses fulfill requirements for Beck Institute CBT Certification.*

[View Our On-Demand Courses](#)



Beck Institute is a 501(c)3 nonprofit with the mission of improving lives worldwide through excellence and innovation in Cognitive Behavior Therapy training, practice, and research.

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