

# 29 - Appendix A. CBT Resources

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## Appendix A. CBT Resources

For principles of CBT, worksheets, videos, conceptualization diagrams, the case summary outline, and the Cognitive Therapy Rating Scale and manual, visit [beckinstitute.org/CBTresources](http://beckinstitute.org/CBTresources).

**TRAINING PROGRAMS** The Beck Institute for Cognitive Behavior Therapy in suburban Philadelphia offers a variety of on-site, off-site, and online training programs for individuals and organizations worldwide, along with supervision and consultation programs ([beckinstitute.org](http://beckinstitute.org)). **ADDITIONAL RESOURCES** • Worksheet packet • Client booklets • Books, CDs, and DVDs by Aaron T. Beck, MD, and Judith S. Beck, PhD • Videos with Aaron T. Beck, Judith S. Beck, and Beck Institute clinicians **BECK CBT CERTIFICATION** Information about the Beck CBT Certification program and certified clinician's directory (in press). **CONNECT WITH THE BECK INSTITUTE** • Monthly newsletter with CBT tips, news, and announcements • Blog with articles from Beck Institute leadership and faculty • Links to the Beck Institute's social accounts **APPENDIX A CBT Resources**

**ASSESSMENT MATERIALS** The following scales and manuals may be ordered from Pearson ([www.pearsonassessments.com](http://www.pearsonassessments.com)): • Beck Youth Inventories of Emotional and Social Impairment® (BYI®)— Second Edition (for children and adolescents ages 7-18) • Beck Anxiety Inventory® (BAI®) • Beck Depression Inventory® (BDI®) • Beck Scale for Suicide Ideation® (BSS®) • Beck Hopelessness Scale® (BHS®) • Clark-Beck Obsessive-Compulsive Inventory® (CBOCI®) • BDI®—Fast Screen for Medical Patients The following scales and manuals can be found at [www.beckinstitute.org](http://www.beckinstitute.org): • Personality Belief Questionnaire • Personality Belief Questionnaire—Short Form • Dysfunctional Attitude Scale Appendix A