

01 - About the Author

About the Author

vii Judith S. Beck, PhD, is President of the Beck Institute for Cognitive Behavior Therapy (www.beckinstitute.org), a nonprofit organization that provides state-of-the-art training and certification in CBT to individuals and organizations, offers online courses on a variety of CBT topics, conducts research, and serves as a leading global resource in CBT. She is also Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania Perelman School of Medicine. Dr. Beck has written over 100 articles and chapters as well as several books for professionals and general readers, including *Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work*. She has made hundreds of presentations around the world on topics related to CBT, is codeveloper of the Beck Youth Inventories and the Personality Belief Questionnaire, and has won numerous awards for her contributions to the field. She also continues to treat clients at the Beck Institute's in-house clinic in suburban Philadelphia. ABOUT THE AUTHOR

Revision #1

Created 2026-01-04 19:23:01 UTC by Omar Ayman

Updated 2026-01-04 19:23:01 UTC by Omar Ayman