

# Departmental Distinguished Grand Rounds

## The Therapeutic Relationship in Cognitive Behavior Therapy

Dr. Judith S. Beck PhD

President of the Beck Institute for Cognitive Behavior Therapy  
Clinical Professor of Psychology in Psychiatry, University of Pennsylvania  
Perelman School of Medicine

---

Date and Time: September 28, 2020. The lecture will be from 12:00-1:30, including Q&A. The following 30 minutes (13:00-1:30) will be dedicated to young trainees and residents who are particularly interested in Dr. Beck's research and career path.

Location: This seminar will be held via [Zoom](#)

### Biography:

Judith S. Beck, PhD, is President of the Beck Institute for Cognitive Behavior Therapy ([beckinstitute.org](http://beckinstitute.org)), a nonprofit organization that provides state-of-the-art training in Cognitive Behavior Therapy (CBT) and Recovery-Oriented Cognitive Therapy (CT), certification in CBT, and online courses on a variety of CBT and CT topics, in addition to conducting research and serving as a leading global resource in CBT and CT-R. She is also Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania Perelman School of Medicine where she teaches third year residents. Dr. Beck has written over 100 articles and chapters as well as books, workbooks, and pamphlets for professionals and nonprofessionals, including Cognitive Behavior Therapy:

Basics and Beyond, 3rd Edition (2020) and Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work. She has made hundreds of presentations nationally and internationally on various applications of CBT and is the primary developer of the Beck Institute's online CBT training courses, which have been taken by more than 28,000 health and mental health professionals over 130 countries. Dr. Beck maintains a clinical caseload at the Beck Institute's outpatient clinic in suburban Philadelphia, treating clients who experience a range of challenges.

Learning Objective 0