

# Judith S. Beck

## COGNITIVE BEHAVIOUR THERAPY

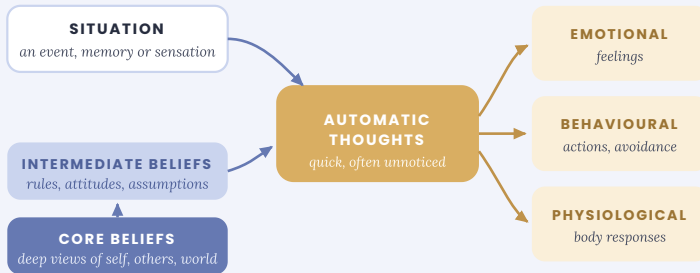
President, Beck Institute for Cognitive Behavior Therapy · Clinical Professor of Psychology in Psychiatry, University of Pennsylvania

Dr Judith Beck has helped turn cognitive therapy, originally developed by her father Aaron T. Beck, into a clear and teachable practice. Her textbook *Cognitive Behavior Therapy: Basics and Beyond* is one of the most widely used guides for training therapists in CBT worldwide.

### The Cognitive Model How thoughts, feelings, behaviour and the body connect

#### THE CORE FRAMEWORK

#### It's Not Only the Situation — It's How We Interpret It



Changing how we interpret events can change how we feel and act.

#### AN EVERYDAY EXAMPLE

#### One Situation, Unpacked

|                    |                                                     |
|--------------------|-----------------------------------------------------|
| <b>SITUATION</b>   | A friend hasn't replied to a message all day.       |
| <b>THOUGHT</b>     | "They must be annoyed with me."                     |
| <b>EMOTION</b>     | Anxious, a little hurt.                             |
| <b>BEHAVIOUR</b>   | Checking the phone repeatedly.                      |
| <b>BODY</b>        | Tight chest, restlessness.                          |
| <b>BELIEF</b>      | Underneath: "I'm not likeable."                     |
| <b>ALTERNATIVE</b> | "They may just be busy — they usually reply later." |

### Three Broad Core Beliefs Categories of negative core beliefs described in her work



#### Helpless

Beliefs about capability and control — "I'm powerless," "I can't cope."



#### Unlovable

Beliefs about connection and acceptance — "I'm unwanted," "I'll be rejected."



#### Worthless

Beliefs about value and morality — "I'm bad," "I don't matter."

### Core Tools of CBT Techniques central to her approach

#### Socratic questioning

Guided questions to examine thoughts.

#### Thought records

Noting thoughts and balanced responses.

#### Behavioural experiments

Testing predictions through real-world action.

#### Action plans

Between-session practice.

#### Activity scheduling

Planning meaningful activities.

#### Coping cards

Written reminders for hard moments.

#### Problem solving

Breaking problems into steps.

#### Relapse prevention

Preparing for setbacks.

### The Structure of a CBT Session A collaborative, predictable format she helped define

1

#### Mood check

How has the week been?

2

#### Update

Bridge from last session

3

#### Agenda

Set priorities together

4

#### Review

Look at the action plan

5

#### Work on issues

Apply skills to problems

6

#### New plan

Agree practice for the week

7

#### Summary

Key takeaways and feedback

### Her Contributions Books, training and a recovery-oriented focus

#### KEY WORKS

#### Teaching CBT to the World

- 1994 — co-founded the Beck Institute with Aaron T. Beck
- 1995 — *Cognitive Behavior Therapy: Basics and Beyond* (3rd ed., 2020)
- 2001 — Beck Youth Inventories, co-developed for young people
- 2005 — *Cognitive Therapy for Challenging Problems*
- 2007 — *The Beck Diet Solution*, applying CBT to eating habits

#### THE LATEST EDITION

#### A Recovery-Oriented Emphasis

The third edition of her textbook places greater emphasis on:

- People's **values, aspirations** and personal strengths
- Building **positive emotion**, not only reducing distress
- A warm, **collaborative** therapeutic relationship
- Drawing conclusions about the self from **everyday experiences**

Thoughts are not facts — they are ideas we can examine, test and change.

WHAT WENT THROUGH MY MIND JUST BEFORE I FELT UPSET?

WHAT IS THE EVIDENCE FOR AND AGAINST THIS THOUGHT?

WHAT IS A MORE BALANCED WAY OF SEEING IT?

#### SOURCES

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