

# The Beck Initiative Newsletter

Summer 2008

## Front Page Beck Initiative News



On May 7<sup>th</sup> 2008 trainees and directors from five DBHMRS agencies, UPENN trainers, Dr Aaron T. Beck, Dr Arthur Evans, Nancy Lucas, Dr Bryce McLaulin, Michael Covone and other dignitaries joined in the large conference room at CBH for the celebration of the 1<sup>st</sup> anniversary of The Beck Initiative. Over seventy invitees joined together for the first time on this memorable day as a community of individuals all dedicated to making a positive change in the lives of CBH consumers through Cognitive Therapy. Some of the activities included: speeches by Dr McLaulin, Dr Evans and Dr A T Beck, a group activity, and a conversation with Dr Beck. One trainee, Jessica Matthews-Dougherty from JFK, was invited to the front of the room to do an on-the-spot role-play with Dr Beck and she did a fantastic job! Bravo Jessica! We all had a great time and look forward to seeing what next year's anniversary will hold.

*One trainee, Jessica Matthews-Dougherty from JFK, was invited to the front of the room to do an on-the-spot role-play with Dr Beck and she did a fantastic job!*



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## Message from the Operations Specialist

Last month marked the end of the very first year of The Beck Initiative. I would like to extend my gratitude and congratulations to a very special group of individuals who without their hard work and dedication, the success of this project would not be possible- The Beck Group Trainers from UPENN: Shannon Wiltsey Stirman, Megan Spokas, Danielle Farabaugh, Sunil Bhar, Torrey Creed, Gail Serruya and Amy Wentzel.

This Beck Initiative Newsletter marks the first of its kind. A new issue will be made available on a quarterly basis to highlight the updates in the project, keep everyone involved up to speed, and to keep the community of agencies and trainees involved in the project connected to one another. If any of you have any questions, comments, or suggestions about this issue or about future issues, please do not hesitate to contact me:

Regina Buchhofer, Operations Specialist for The Beck Initiative, 215-413-8582 or [regina.buchhofer@phila.gov](mailto:regina.buchhofer@phila.gov)

"Creativity is a type of intelligence. Remember, Einstein couldn't find his way home." Aaron T. Beck, MD




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*Mazzoni Center is the first and only LGBT-focused health care provider in the Philadelphia region.*

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## Agency Profile: Mazzoni Center

Mazzoni Center is one of two agencies currently receiving six months of group and individual consultation by the UPENN trainers. Four therapists, including one supervisor, from the center have teamed up with Horizon House therapists for The Beck Initiative.

Mazzoni Center is the first and only Lesbian Gay Bisexual Transgender (LGBT) focused health care provider in the Philadelphia region. It is also the oldest AIDS services organization in Pennsylvania and the largest community-based HIV testing program in the Philadelphia region. Mazzoni Center is a non-profit organization led by lesbian, gay, straight, bisexual and transgender people who are passionate about providing quality health services. The agency's mission is to provide quality comprehensive health and wellness services in an LGBT-focused environment, while preserving the dignity and improving the quality of life of the individuals they serve. The agency is located in Center City Philadelphia at 1201 Chestnut Street and offers a full range of medical services, including licensed mental health and substance abuse treatment.

## Cognitive Therapy News

A new study recently released in the May issue of the Journal of the American Academy of Child and Adolescent Psychiatry, provides some of the first evidence-based data on Cognitive Behavioral Therapy (CBT) as a successful intervention for early childhood OCD. The family based CBT method modeled in the study draws on successful approaches used with older children but also contains innovative elements that have been specifically tailored to children ages 5 to 8, with special attention paid to the child's cognitive and developmental level and awareness of a child's involvement in and dependence on a family system. The CBT program was found to be significantly more effective than relaxation treatment (RT) in decreasing OCD symptoms and, most importantly helping a large number of the children achieve clinical remission from OCD. Specifically, 69% of the children who completed all 14 weeks of CBT treatment achieved remission compared to 20% who fully completed the RT program. Even those children who did not finish the CBT program did well, with 50% achieving clinical remission. To read more about this study, information can be found at:

<http://psychcentral.com/news/2008/05/16>

Last month, Dr A.T. Beck made the front-page news of The Philadelphia Inquirer. In the article, Dr Beck describes how the theory of Cognitive Therapy came to be along with a comparison to psychoanalytic theory. It is a nice close-up look into who the man is behind the theory. If you would like to read the article and other recent news regarding Dr Beck check out the following link:

<http://cttoday.org/?cat=2>

*"The CBT program was found to be significantly more effective than relaxation treatment in decreasing OCD symptoms in young children".*

## Trainee Profile: Raymon Smith of Parkside Recovery

My name is Raymon Smith; I am 52 years of age and have worked in the Behavioral Health field for over 25 years. I attended Antioch University where I received a Bachelor's of Art degree in human services. My job experience is varied. I began my career teaching elementary school, 2<sup>nd</sup> grade, at a private and public school setting for 3 years until realizing this was not the area for me.

My 1<sup>st</sup> job in the Behavioral Health field was at The National Council on Alcoholism in Center City, Philadelphia where I evaluated drunk drivers for the judicial system, aiding the courts in the disposition of drunk drivers. After that I was employed by The Consortium Inc. for 16 years first as an addictions therapist, next as the agency's first HIV/ AIDS coordinator for 10 years, and finally as the agency's Director of Opiate Treatment Services for the last 3 and ½ years. After resigning from The Consortium, I came to work for NHS Parkside Recovery where amongst other duties; I have had the honor of studying Cognitive Behavioral Therapy under the founder Dr Aaron T Beck and his auspicious staff.

Using CBT has proven to be an important tool. For example, using this therapy helped a client of mine achieve abstinence. Through my helping him to become his own therapist, he was able to look at the triggers of his cravings to use cocaine and heroin. He successfully learned to deactivate the cravings, thereby achieving abstinence.

Being a part of The Beck Initiative has truly been a great experience by providing me with another valuable tool to use in the service of the consumers I service. Working in this field is a calling for me, as I believe the highest aspiration of the human heart is to help others as we are all interconnected as human beings regardless of our differences.

My interests outside of work are music and the arts.



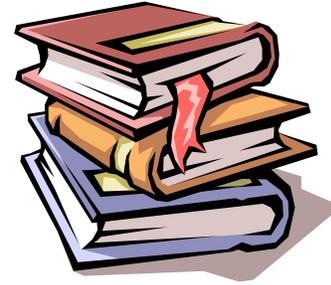
*Raymon Smith is a member of the first group of therapists to receive The Beck Initiative's Cognitive Therapy training and consultation at Parkside Recovery*

If you would like to volunteer yourself or someone else from your agency to be spotlighted in an upcoming Beck Initiative Newsletter, please email:  
[Regina.Buchhofer@phila.gov](mailto:Regina.Buchhofer@phila.gov)



## Agency Project Status

| <u>Agency Name</u> | <u>Project Status</u>                          |
|--------------------|--|
| Parkside Recovery  | 3 <sup>rd</sup> Month of Internal Consultation |
| JFK                | Last Month of UPENN Consultation               |
| STOP               | Last Month of UPENN Consultation               |
| Mazzoni Center     | Half Way Thru UPENN Consultation               |
| Horizon House      | Half Way Thru UPENN Consultation               |
| Path               | Training Start Date TBD                        |



## The Growing Community List of CT Trainees (33)

**Graduated Trainees**  
Parkside Recovery (6)

**Currently Enrolled Trainees**  
Parkside Recovery (1)  
STOP (3)  
JFK (7)  
Mazzoni Center (4)  
Horizon House (12)



## Project News

In The Beck Initiative's 1<sup>st</sup> year of inception, the primary focus was on training therapists who treat adults. Beginning this year, the project's focus will expand to two new populations: older age adults (60+) and adolescents. Both areas of added focus demonstrate a great need to improve therapeutic outcomes through an evidence-based treatment such as Cognitive Therapy. Adding more populations to the project is a part of Dr Beck's vision to disseminate cognitive therapy fully into community mental health settings. The Beck Initiative team is excited about the expansion of the training and look forward to the continued growth of the project.

The Beck Initiative would like to welcome the newest addition to the Cognitive Therapy Community: PATH. We look forward to working with PATH in the near future and are certain they will prove to be a wonderful expansion of our Beck Initiative family. WELCOME!

*This newsletter was written & produced by Regina Buchhofer, Operations Specialist for The Beck Initiative. If you have any questions or comments, please call: 215-413-8582*