

THE BECK INITIATIVE: A Partnership in Care Planning & Positive Change



Partners in Care Planning & Positive Change



Participating DBH/MR Agencies

- Parkside Recovery
- Sobriety Through Outpatient (STOP), Inc.
- John F. Kennedy CMHRMC
- Mazzoni Center
- Horizon House, Inc.



Brief Intro to The Beck Initiative

- Cognitive therapy (CT) 1st developed by Aaron T.Beck at The Univ. of Penn in the early 1960's
- CT is a structured, short-term, present-oriented form of psychotherapy that has a wide range of applications supported by empirical data
- The Initiative will implement evidence-based psychotherapy into DBH/MR agencies and serve as a model for other large mental health systems

What Can a Participating Agency Expect?

- 15-hour Training Workshop in the Basic Fundamentals of CT
- 6-months of Intensive Consultation
 - Weekly Audio Review and Phone Consultation
 - Biweekly Case Consultation Group Meetings
- Opportunity for Therapists to Become Future Instructors/Supervisors
- Eligibility for DBH/MR Recognition as a Skilled Cognitive Therapist in Community MH Settings
- Invitation to Participate in Outcome Research

Contact Information

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