

## Laudatio Judith Beck

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**Dr. Judith Beck** is director of the Beck Institute, a training institute for cognitive behavioral therapy and also an associate professor at the University of Pennsylvania at the Department of Psychiatry. She is best known in the Netherlands for her book *Cognitive Therapy: Basics and Beyond*, that is fixed literature for a large part of all basic courses of CGt.

Judith Beck was basically brought up with CGt. Where her father primarily focused in his career on the treatment for depression - and in a later stage psychotic disorders - in adults, Judith Beck has focused on the expansion of CBT in other complaints, such as in personality disorders and obesity, and in other target groups, such as children and adolescents. Together with Glann Gabbard and Jeremy Holmes she wrote the prestigious *Oxford Textbook of Psychotherapy*.

The strength of Judith Beck's work lies in the way she manages to make CGt, in particular cognitive therapy, simple. Her book *Cognitive Therapy* reads like a cookbook and contains clear examples. After reading it you immediately feel that you can apply these techniques. She also teaches CGT quite often, and through the Beck Institute she reaches therapists all over the world. In this way she has a huge influence on the implementation of CGT. In addition, she offers inexpensive courses for students and for university lecturers, so that there is sufficient knowledge about CBT among the new generation of therapists.

Judith Beck is an excellent teacher. Recently she has expanded her arsenal with e-learning, making learning CGT accessible to an even larger group of therapists and thus patients. Although she doesn't come to the fore as much as her father did, she is the silent force behind the implementation of cognitive therapy in the US and now also far beyond.

She has won several prizes, including prizes for excellent teaching and providing workshops. She also won prizes for her work in the implementation of cognitive therapy, including the *Excellence in Cognitive Therapy Award* and the *Outstanding Contributions by an Individual for Clinical Activities Award*. In view of her important contribution to the implementation of CGT, it is with great pleasure that the board and member council of the VGt appoint her as honorary member of the association.

