

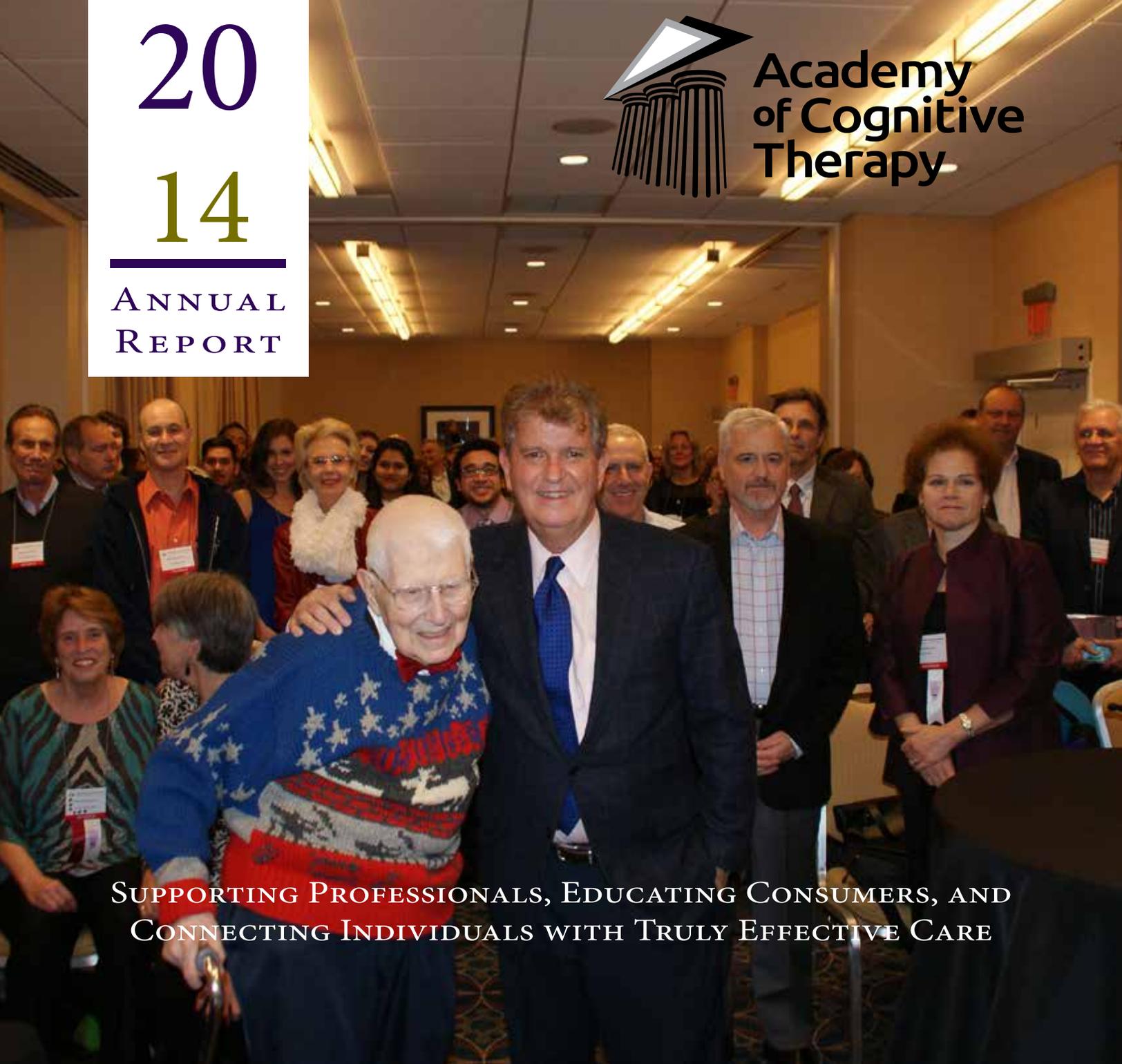
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ANNUAL  
REPORT



Academy  
of Cognitive  
Therapy



SUPPORTING PROFESSIONALS, EDUCATING CONSUMERS, AND  
CONNECTING INDIVIDUALS WITH TRULY EFFECTIVE CARE



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## President's Message

On behalf of the Academy of Cognitive Therapy (ACT), I want to thank you for your continued support of and involvement with ACT. Collectively, ACT's members make the Academy a strong, diverse organization, which is capable of effective delivery and dissemination of cognitive therapy to the growing number of individuals who seek evidence-based treatments and professionals



working to deliver the highest quality care.

First and foremost people continue to take remarkable pride in being an Academy Diplomate. Because of the rigorous application requirements including a peer review of a psychotherapy session and a case write up many people describe being a Diplomate as their highest professional achievement. Earlier this year the Academy passed an important milestone in granting Diplomate number 1000. We continue to grow and consistently have more Diplomates year over year. As clinicians increasingly recognize the personal meaning and professional significance of becoming a Diplomate, the Academy has been adding Diplomates from around the world. In the last two years we have significantly increased our ability to have applicants proceed through the application process in languages other than English. We now have the ability to rate session recordings in English, Spanish, Portuguese, Russian, Japanese, Mandarin, Cantonese, Arabic, Korean, Turkish and Farsi. We currently have Diplomates in 44 countries and the Academy has a presence throughout the world. Our ability to rate applicants in more and more languages is sure to grow in the coming years and the ACT Diplomate will be further recognized as setting the standard of excellence in CBT. In addition to the growth in the number Diplomates, the Academy has also grown in our granting of the Certified Trainer/Consultant designation and in our general membership. We have established a large tent geographically, by type of license, and by type of affiliation with the Academy.

In order to provide a wider range of services, the Academy is in the process of an organizational restructuring. From our beginning we have been exclusively an IRS designated 501 (c) (3). We are retaining our 501 (c) (3) status and, in addition, we are creating an IRS designated 501 (c) (6). This change is likely to be relatively seamless and almost invisible and will not result in any disruption to any member of the Academy. By structuring ourselves in this way we will continue to have all of the advantages of the 501 (c) (3) but we will also have great freedom to engage in even more activities that are likely to benefit the CBT community.

This year, ACT continues the tradition of honoring leaders in the field, and presented the 2014 Aaron T. Beck Award to Robert L. Leahy, Ph.D. for his significant and enduring contributions to CBT.

**I know how important and meaningful an affiliation with the Academy is for most members. Many consider the Academy their “professional home” I hope that you will consider renewing your membership at this time.** This renewal will allow you to continue to receive benefits that help strengthen your capacity as a therapist, keep you abreast of emerging research and news in the field, keep you connected to ACT's listserv and build your practice through referrals. Your continued membership will help ACT maintain standards of excellence for cognitive therapists and ensure that consumers in every community have access to high quality, effective mental health treatment. You may renew your

membership, for up to three years in advance, by completing and returning the attached forms to the ACT office. You may also renew securely online by visiting <https://members.academyofct.org/members>.

As you renew your membership, please also consider a donation to the Academy. Your contributions play a critical role in the support of the Academy. If you have colleagues or students who would be interested in pursuing ACT certification, please encourage them to contact us for more information. ACT's Executive Director, Troy Thompson ([tthompson@academyofct.org](mailto:tthompson@academyofct.org)) will gladly provide guidance and assistance throughout the process.

Please accept my thanks if you have already renewed your membership through 2015. Please know that you can contact me via the office at [info@academyofct.org](mailto:info@academyofct.org) or directly at [DGreenberger@AnxietyAnd-DepressionCenter.com](mailto:DGreenberger@AnxietyAnd-DepressionCenter.com).

Warm regards

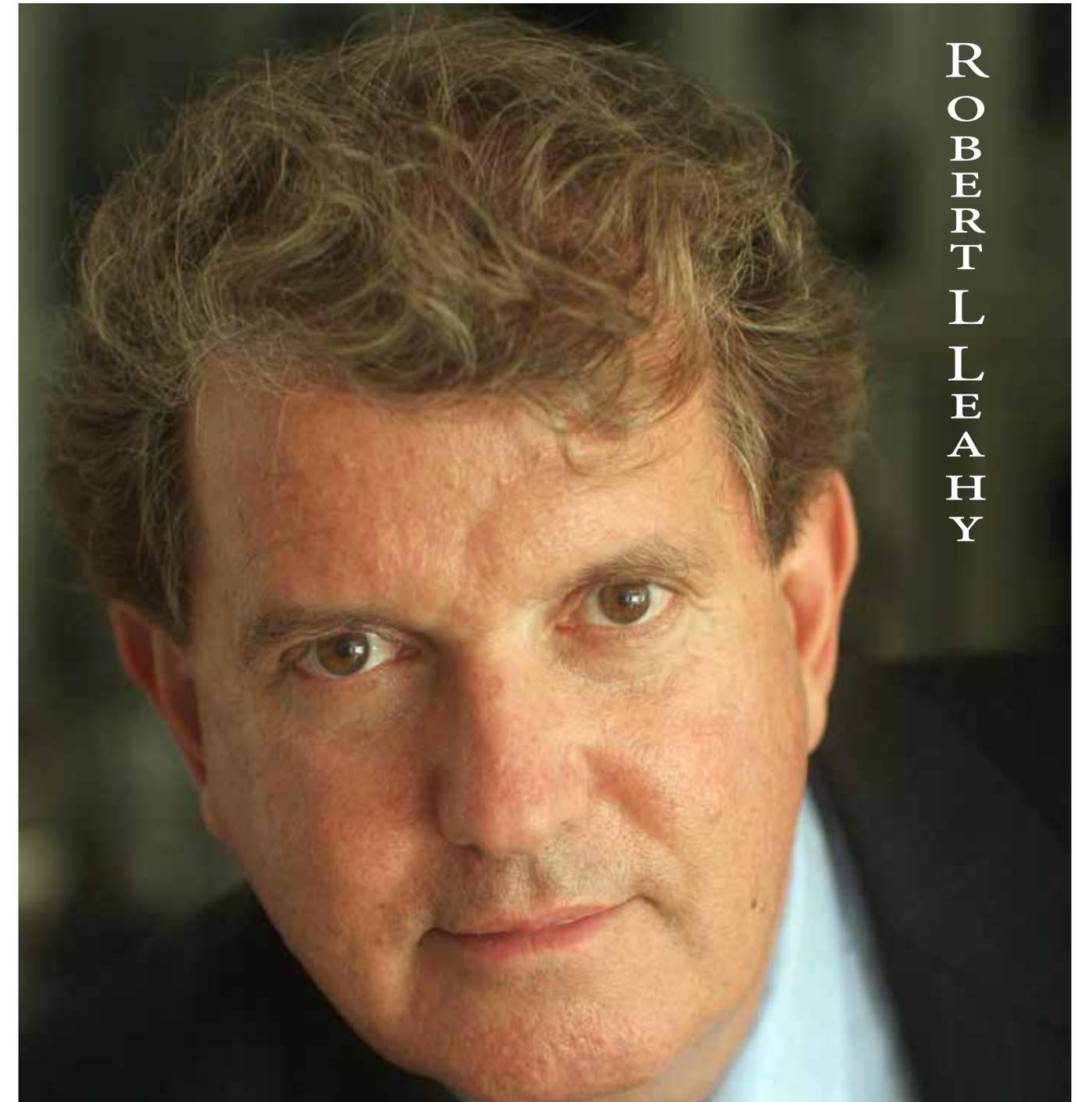
A handwritten signature in cursive script that reads "Dennis Greenberger".

Dennis Greenberger, Ph.D.  
President, Academy of Cognitive Therapy

**Robert L. Leahy** (B.A., M.S., Ph.D., Yale University) is the Past-President of the Association for Behavioral and Cognitive Therapies, Past-President of the International Association of Cognitive Psychotherapy, Past-President of the Academy of Cognitive Therapy, Director of the American Institute for Cognitive Therapy (NYC), and Clinical Professor of Psychology in Psychiatry at Weill-Cornell University Medical School. He has served as Editor of The Journal of Cognitive Psychotherapy and is now Associate Editor of The International Journal of Cognitive Therapy.

He is author and editor of 23 books, including *Overcoming Resistance in Cognitive Therapy*, *Bipolar Disorder: A Cognitive Therapy Approach* (with Newman, Beck, Reilly-Harrington, & Gyulai), *Cognitive Therapy Techniques*, *Roadblocks in Cognitive-Behavioral Therapy*, *Psychological Treatments of Bipolar Disorder* (ed. with Johnson), *Contemporary Cognitive Therapy*, *The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies* (ed. with Gilbert) and *The Worry Cure* which received critical praise from the New York Times and has been selected by Self Magazine as one of the top eight self-help books of all time. His book *The Worry Cure* has been translated into ten languages and is a selection of the Book of the Month Club, Literary Guild and numerous other book clubs. Eleven of his clinical books have been book club selections. His other popular audience books are *Anxiety-Free: Unravel Your Fears before*

*They Unravel You*, *Beat the Blues Before They Beat You: How to Overcome Depression and Keeping Your Head after Losing Your Job*. Dr. Leahy's recent clinical books include *Emotion Regulation in Psychotherapy: A Practitioner's Guide* (with Tirsch and Napolitano), *Treatment Plans and Interventions for Depression and Anxiety Disorders*, Second Edition (with Holland and McGinn), and *Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder* (with Zweig). He is the general editor of a series of books to be published by Guilford Press--*Treatment Plans and Interventions for Evidence-Based Psychotherapy*. His books have been translated into 18 languages and are used throughout the world in training cognitive behavioral therapists.



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## New Diplomates



**M**y interest in psychology was influenced by my father, who was a data processor for Xerox. His very demanding and high stressed job, lead him to seek out alternative ways to manage his stress and the subsequent anxiety. Interestingly, his ways to cope involved changing his thinking, journaling, and various types of relaxation strategies and techniques. Throughout my studies, I have acquired many of his self-help books. One book that I received that I recommend to my patients early in treatment now is David Burn's "Feeling Good." Burns' book is now almost 35 years old and still is an excellent and most readable book for patients.

I graduated from the University of Illinois at Chicago in 1995 with a B.A. in Psychology. I then attended the Illinois School of Professional Psychology, where I received a Master's Degree in Professional Counseling in 1998. My graduate courses covered very little about CBT, but what little that we covered whetted my appetite to learn more about CBT. Reading on my own, I started collecting the relevant basic and more advanced books in CBT and was amazed how so much was left out of my basic counseling courses.

After I graduated, I attended the Beck Institute in Philadelphia to begin my training in cognitive therapy. I continued my cognitive therapy training at the University of Chicago, under the supervision

of Dr. Mark Reinecke. My training at the Center for Cognitive Therapy allowed me to get experience working with individuals and families in an outpatient setting. At the same time I began working as a Mental Health Clinician on the psychiatric unit at Northwest Community Hospital in Arlington Heights.

It was the best of both worlds, to see the impact of cognitive therapy on individuals, couples, and families in both the inpatient and outpatient setting. It was also a wonderful transition to observe individuals and groups with severe symptoms their response to cognitive and behavioral techniques, and then experience working with individuals who were higher functioning with mild to moderate symptoms utilize other components of cognitive therapy.

I am a Licensed Clinical Professional Counselor and I am also a National Board Certified Counselor. I have been in private practice since 2001. My practice consists of working with individuals, couples and families. I primarily work with adults and also have experience with adolescents. Some particular areas of interest for me include working with patients who suffer from anxiety and depression. I also practice at an ob/gyne office working with various types of women's issues. I have educated the doctors on the effectiveness of CBT and they appreciate my advanced training.

A little over a year ago I attended a multi-session

group consultation in CBT run by Dr. Freeman. As I presented my cases for discussion I was, at first hesitant, but I quickly saw the reasons, rationales and conceptualizations for planning treatment for my patients. This was one of the spurs for my next professional step.

I recently completed one of my professional goals, and earned my certification from the Academy of Cognitive Therapy (ACT) in March 2014. I worked under the supervision of Dr. Arthur Freeman. To be certified is an accomplishment both personally as well as professionally and has been a goal since I attended the Beck Institute back in 1998. The encouragement and training from Dr. Freeman greatly influenced my goal becoming an accomplishment.

I believe it is important to back up what you do. I frequently get asked, what distinguishes me from other therapists? Now I can answer that I am certified in CBT through ACT. It is an honor to be a Diplomate of the Academy of Cognitive Therapy and know that I am in such elite company. I am very thankful for the training, guidance, and support I have received through this process.

Using a CBT approach has made a great difference in my work, not only in how I conceptualize patient problems, systemic interactions, and interpersonal dynamics, but in how I approach treatment.

## New Diplomates

*This year ACT certified  
it's 1,000th Diplomate.*

I was initially trained internationally in Shanghai, China in CBT while completing a psychiatric social work fellowship at Shanghai Jiaotong University, School of Medicine, for which I am currently an independent consultant. The experienced I had in China ignited my interests as well as strong belief that Cognitive Behavioral Therapy is “THE treatment modality” in a collaborative healthcare setting. My idea was further confirmed by my master’s level clinical training at the University of Pennsylvania. A continuous curiosity of mine during my education at Penn was the empirical and theoretical justification of my belief I developed earlier period of my practice. After graduation, I had the opportunity to work in an integrated healthcare setting where various disciplinarians working together with a transdisciplinary model. It was then even clearer to me that how CBT is widely accepted and acknowledged by physicians, nurse practitioners, psychiatric nurses and my fellow counselors. The confidence my fellow co-workers on CBT vouched my motivation of receiving further training in CBT and to get certified.

While I continuously urge myself to progress clinically, I do believe the power of empirical and theoretical knowledge, two aspects that are convincingly supporting CBT right now, and decided to go back to school focusing on the adaptation, implementation and examination of CBT in an integrated healthcare setting. I am

currently a first-year doctoral student in social work at the University of Texas at Austin with a primary research and practice of CBT examination, validation and delivery in a transdisciplinary team model. My goal is to further advance the application of CBT in healthcare settings with a stronger conceptual model of such integration.

Both my clinical and academic interests strongly motivated my intention of being a diplomat at the Academy of Cognitive Therapy. As the only certifying agency of cognitive therapy in the world, I found myself being connected to a world-class of outstanding clinicians, researchers and visionaries who all share the same interests and passion about CBT. The resources, opportunities and insights to be provided to a diplomat is beyond my expectation. ACT is also a great platform that every clinician would be updated and informed with the most cutting-edge knowledge about CBT and ACT provides a life-long learning opportunities.

It is truly a great pleasure and honor to be connected to this great group.



Anao Zhang, LCSW

## New Diplomates



**Scott Shapiro, MD**

I have always had an interest in the overlap between the mind and the body. My interest in cognitive behavioral therapy began during my undergraduate studies at the University of Pennsylvania. In academics, I focused on the overlap between the neurobiological underpinnings of behavior. In addition, I researched how cognitive strategies from in optimistic versus pessimistic subjects affected their performance and cerebral blood flow. During my residency at Harvard Medical School's Massachusetts General Hospital, I trained in both cognitive behavioral therapy and psychopharmacology to help patients overcome their challenges including depression, anxiety, and bipolar disorder. I had a special interest in how therapy could help patients cope with chronic pain disorder. I worked in the Pain Clinic as well as authored the chapter on pain management in the comprehensive text, "Facing Cancer: A complete guide for people with cancer, their families, and caregivers".

I chose to become a Diplomat and certified member of the Academy of Cognitive Therapy because I have found CBT to be one of the most effective forms of treatment in helping people who are dealing with both psychological and medical problems. As I become more adept through the training program and supervision at the Beck Institute, I found it very

## *Please join me in congratulating all new Diplomates!*

rewarding to use this evidenced-based treatment to help my patients make significant progress in their lives. For example, one patient who was referred to me for depression and social anxiety had been in several other types of treatment before seeing me. Due to his symptoms, he struggled to sustain a consistent job for much of his adult life. In addition, his wife had left him several years prior. Through our work together, he found a stable job, was promoted within a year, and was once again in a relationship. Helping patients such as this person is what keeps my passion alive for this profession. I have developed a particular interest and expertise in using CBT to help patients with Adult ADHD, both in individual therapy and groups. CBT has helped my patients with such skills as time management, emotional regulation, goal setting, prioritizing, relationships, and organization.

In addition to patient care, I have a passion about teaching cognitive behavioral therapy, whether it is through lectures or in supervision. Many psychiatrists have never had the opportunity to learn cognitive behavioral therapy during their training. This is beginning to change as medical schools recognize the benefit of this treatment. I have had the pleasure of supervising residents at Columbia University, and Mount Sinai Hospital.

**CONGRATULATIONS!**

**Asena Akdemir, MD**  
Istanbul, Turkey

**Yasemin Akkoca, Specialist  
Psychiatry Doctor**  
Ankara, Turkey

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Hattiesburg, MS

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Berkeley Heights, NJ

**Osamu DKobori, PhD**  
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**Erin Dykhuizen, LCSW**  
Maplewood, MN

**Carrie Elkins, LPC**  
San Angelo, TX

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(Nursing)**  
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San Angelo, TX

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Torrance, CA

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Paris, France

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Ankara, Turkey

**Mehmet Emrah Karadere, MD**  
Corum, Turkey

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Glendale, CA

**Hoi Ki Lee, MSN (Advanced  
Practice)**  
Tai Po, Hong Kong

**Linda Lee, LCSW**  
Gardena, CA

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NCC**  
Winter Park, FL

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**Medine Yazici Güleç, MD**  
Istanbul, Turkey

**Anao Zhang, LCSW**  
Austin, TX

*Please join me in congratulating ACT's newest certified trainer consultants!*

**Deborah Melamed, PhD**  
New York, NY

**Noah Clyman, LCSW**  
Brooklyn, NY

**Amy Wenzel, PhD**  
Philadelphia, PA

**Kadir Ozdel, MD**  
Ankara, Turkey

**Aslihan Dönmez, MD, PhD**  
Ankara, Turkey

*ACT Certified CBT Trainer Consultants meet in Philadelphia to discuss the Los Angeles County Individual CBT Training Protocol. This initiative will involve the training of 2,000 public mental health clinicians in cognitive behavioral therapy.*



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*Thank you for  
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and generosity.*

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*Thank you Donna Sudak, MD and John Riskind, PhD for  
your many years of service on the ACT Board of Directors.*



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