



## 2011 Annual Update

### ***ACKNOWLEDGING OUR MEMBERS***

**ACT recognizes that our members are our greatest strength.** As leading researchers, educators, trainers and practitioners in the field of cognitive therapy, your involvement brings deep value to our work.

- In 2011, **41 individuals successfully completed ACT's rigorous certification process** to join us as Diplomates. ACT warmly welcomes our new members and applauds their achievements!

#### ACT Diplomates Accepted in 2011

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| <ul style="list-style-type: none"> <li>◆ Fa Hui Yang, Psychiatrist, Chongqing, China</li> <li>◆ Tsang Hung Mei, Occupational Therapist, Hong Kong</li> <li>◆ Chi-Hong Rommel Hung, FHKC Psychiatrist, Hong Kong</li> <li>◆ Ilyse DiMarco, Ph.D., Florham Park, NJ</li> <li>◆ David Roseborough, LICSW, Ph.D., Woodbury, MN</li> <li>◆ Regina Abramoff, Psy. Neuropsychology, Rio de Janeiro, Brazil</li> <li>◆ Jared Peck, M.D., Toronto, ON</li> <li>◆ Monica Lynn Hill, M.D., Okotoks, AB</li> <li>◆ Aly Hassan, M.D., Omaha, NE</li> <li>◆ Annalise Caron, Ph.D., Fairfield, CT.</li> <li>◆ Fazileh Mirhadi, O.T.Reg., Woodbridge, CT.</li> <li>◆ Jameson Lowden, LCSW, Scottsdale, AZ.</li> <li>◆ Sunna Jung, Ph.D., New York, N.Y.</li> <li>◆ Raechel Pefanis, BA, MDiv, M.S.W., R.S.W., Kitchener, ON</li> <li>◆ Juan Manuel Bravo Sierra, M.D., Distrito Federal, Mexico</li> <li>◆ Sikandar Ortega, M.A., Cancun, Mexico</li> <li>◆ Aylin Yazici, M.D., Mersin, Turkey</li> <li>◆ Kaasim Fatih Yavuz, M.D., Istanbul, Turkey</li> <li>◆ Yumi Nakano, Ph.D., M.D., Nagoya, Japan</li> <li>◆ Angela McNaught, Ph.D., Auckland, New Zealand</li> </ul> | <ul style="list-style-type: none"> <li>◆ Melissa M. Magaro, Ph.D., Beverly Hills, CA</li> <li>◆ Gregory Lawrence Cason, Ph.D., Los Angeles, CA</li> <li>◆ Ramakanth Vemuluri, M.D., Omaha, NE</li> <li>◆ Carlos Israel Perez Benitez, Ph.D., Miami, FL</li> <li>◆ Nergis Lapsekili, M.D., Ankara, Turkey</li> <li>◆ Philip J. Pellegrino, Psy.D., M.A., Harrisburg, PA</li> <li>◆ Daniel Zigman, M.D., Montreal, QC</li> <li>◆ Reham Abdel-Samie Aly, M.D., Ph.D., Cairo, Egypt</li> <li>◆ Chan Kit Ping, M.Soc.Sci., Hong Kong</li> <li>◆ Ahmad AlHadi, M.D., Riyadh, Saudi Arabia</li> <li>◆ Beatrice Fulton, LCSW., Philadelphia, PA</li> <li>◆ Mark Morris, LCSW., New Orleans, LA</li> <li>◆ Lynda Brown, L.M.S.W., Troy, MI</li> <li>◆ Matthew Chirman, M.S., San Luis Obispo, CA</li> <li>◆ Laura L.C. Johnson, M.A., Los Gatos, CA</li> <li>◆ Martha Teater, M.A., Clyde, NC</li> <li>◆ Dede Neufeld, M.S., Tampa, FL</li> <li>◆ Jennifer Taitz, Psy.D., New York, NY</li> <li>◆ Jonathon Doherty, M.A., Las Cruces, NM</li> <li>◆ Susan Newton-Poulter, M.A., Thunder Bay, ON</li> <li>◆ Sue Sonshine, M.S.W., R.S.W., Toronto, ON</li> </ul> |
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- **ACT now offers general membership to professionals, researchers and students** who support the use of cognitive therapy to treat mental health disorders and improve health

behaviors, and who are dedicated to increased access to evidence-based, cost-effective models of care. These new levels of membership help disseminate information from ACT certified clinicians, researchers, educators and academics in the field, and enhance collaborative relationships amongst individuals who utilize cognitive therapy. **In 2011, 66 students and professionals joined us as members.** ACT warmly welcomes these individuals!

- On November 11<sup>th</sup>, in Toronto, **ACT presented Professor Christopher Fairburn with the 2011 Aaron T. Beck Award, for his significant and enduring contributions to cognitive therapy.** Professor Fairburn is the Wellcome Principal Research Fellow, University of Oxford, a Professor of Psychiatry at the University of Oxford, and an Honorary Consultant Psychiatrist in the Oxfordshire and Buckinghamshire Mental Healthcare Trust. He is also a Governor of The Wellcome Trust, the largest international biomedical research foundation. Professor Fairburn directs two centres at Oxford funded by the Wellcome Trust. The Centre for Research on Eating Disorders at Oxford (CREDO-1) is long-established and well known, whereas the Centre for Research on Dissemination at Oxford (CREDO-2) is a new centre devoted to research on optimizing the disseminating of evidence-based psychological treatments. Professor Fairburn trained in medicine at Oxford and in psychiatry at Edinburgh. He returned to Oxford in 1979, where he has held a Principal Research Fellowship since 1996. He has a well established international reputation in two fields, the nature and treatment of eating disorders, and the development and evaluation of psychological treatments. He is especially well known for his development of cognitive behavioral and interpersonal treatments for patients with eating disorders, all of which are supported by robust research evidence and are widely practiced nationally and internationally. Professor Fairburn has held many research grants both in the UK and abroad, and he has published extensively. His latest book is *Cognitive Behavior Therapy and Eating Disorders*, NY: Guilford Press, 2008. Other books include *Binge Eating: Nature, Assessment and Treatment* (with GT Wilson, NY: Guilford Press, 1993); *Eating Disorders and Obesity: A Comprehensive Handbook* (with KD Brownell, NY: Guilford Press, 1st edition 1995; 2nd edition 2002); and *The Science and Practice of Cognitive Behaviour Therapy* (with DM Clark, Oxford University Press, 1997). He has also written a book for people with binge eating problems (*Overcoming Binge Eating*, NY: Guilford Press, 1995) and a book on the treatment of obesity titled *Cognitive Behavioral Treatment of Obesity: A Clinician's Guide* (with Z Cooper and DM Hawker, NY: Guilford Press, 2003). Professor Fairburn has twice been a Fellow at Stanford's Center for Advanced Study in the Behavioral Sciences and he is a Fellow of the UK Academy of Medical Sciences. Professor Fairburn was awarded the "Outstanding Researcher Award" by the Academy for Eating Disorders in 2002.

## ***HOW WE SUPPORT PROFESSIONALS***

ACT maintains many benefits to help cognitive therapy professionals grow their business, expand their knowledge and connect with leaders in the field. In 2011, ACT:

- Used Google AdWords to advertise our popular **online referral database** that consumers use to locate certified cognitive therapists in their communities. More than 50,000 individuals visited our website to find an ACT-certified cognitive therapist last year.

- Maintained the **ACT Listserv** to connect our outstanding network of cognitive therapy leaders, through which members can learn about emerging research and new techniques in treatment, seek advice on complex cases, and find referrals to cognitive therapists throughout the world.
- Helped promote **book sales** for our Diplomates and Fellows by significantly expanding the Recommended Readings sections of our website.
- Helped our certified members publicize their **cognitive therapy training programs** with free postings on ACT's website. This year, ACT revised the Training section of its website to be more user-friendly and better advertise cognitive therapy training offered by our Diplomates.
- Helped our members advertise **employment opportunities** for free on ACT's website.
- Maintained **discounts** to Guilford Press Publications and American Psychiatric Publishing, Inc.
- Continued to improve our **new online application system**, to make it easier to apply for membership.
- Organized a meeting for prospective international raters at the 2011 IACP Convention in Istanbul, Turkey. Founding Fellow Keith Dobson, Ph.D. had a fruitful meeting with eight individuals who would like to be international raters for ACT.
- Continued efforts to develop a **rating system** that will enable applicants to apply for certification in languages other than English. In the coming year, ACT will continue to expand its pool of international raters, hopefully adding Chinese, Turkish, Portuguese, and Arabic to the list of languages non-English speaking Diplomat candidates can submit materials in.
- Had ACT members translate the Cognitive Therapy Rating Scale (CTS) into Turkish, Swedish, and Spanish.
- Continued and expanded upon the **mentoring system** developed in 2010 to connect applicants with recently certified members for support and encouragement. Over 20 Diplomat applicants have taken advantage of this mentoring opportunity.

### ***HOW WE PROVIDE EDUCATION TO CONSUMERS***

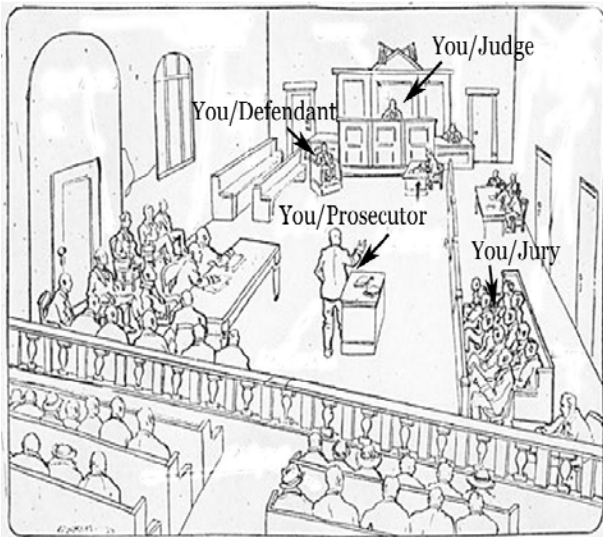
ACT's website [www.AcademyofCT.org](http://www.AcademyofCT.org) is a clearing house of cognitive therapy research, resources, and referrals. In 2011, more than 95,000 individuals visited our website in search of referrals to certified cognitive therapists, emerging research on mental health and cognitive therapy, and cognitive therapy books and self-help materials. This year, ACT made significant improvements to its website to improve navigation and increase information available.

- We expanded our Recommended Readings for Consumers & Professionals to include many more books authored and co-authored by our Diplomates.
- With the help of Founding Fellow Stefan Hofmann, Ph.D. and Diplomat Lawrence Riso, Ph.D. we updated our Research Corner quarterly for easy access to emerging research in the field.

- We hosted two free and open lectures this year. In April, Founding Fellow, Irismar Reis de Oliveira M.D., Ph.D. discussed his path breaking research on Trial-Based Thought Record. In October, Pamela Superville of the Pennsylvania Prison Society discussed the positive effects of CBT for the formerly incarcerated.

## CORE BELIEFS ON TRIAL A NIGHT WITH DR. IRISMAR OLIVEIRA

April 28th, 5:30-7:30pm  
260 S. Broad Street, Philadelphia



### *Changed Thoughts, ReNewed Lives:* Positive Effects of CBT for the Formerly Incarcerated

Thursday, October 20th, 6-7pm  
260 S. Broad Street, Philadelphia PA

**Please Join Us for a Very Special Evening!**

Pamela Superville of Philly ReNew will discuss her ongoing success using Cognitive Behavioral Therapy concepts among the formerly incarcerated. She will be joined by Betty-Ann Izenman and Cameron Holmes of the Pennsylvania Prison Society as well as one of her former clients.



To RSVP for this Free Event, Please contact:  
[tthompson@academyofct.org](mailto:tthompson@academyofct.org)

### ***HOW WE CONNECT INDIVIDUALS WITH TRULY EFFECTIVE CARE***

Ensuring that people in every community have access to empirically supported mental health treatment is at the core of ACT's work. To do so, ACT identifies and certifies skilled cognitive therapists and facilitates training and education for community-based providers.

- The "Find a Certified Cognitive Therapist" page is by far the most popular on ACT's website. Last year more than 50,000 individuals visited in search of a certified cognitive therapist.
- ACT helped to facilitate cognitive therapy training at community-based health care and social service agencies in Pennsylvania.

#### **Highlighted ACT Projects:**

ACT worked with Episcopal Community Services (ECS) in Philadelphia, PA, to facilitate training to ECS program personnel. ECS serves people affected by homelessness, poverty, abuse, addiction and instability. Many of the youth in ECS programs drop out of school or lack concrete plans for continuing their education to become economically self-sufficient. ECS has found that pessimistic thinking undermines achievement for many of these young people. The project improved clients' educational outcomes by developing cognitive

behavioral skills to challenge teen’s negative thought patterns. Diplomate Elisa Nebolsine, LCSW, provided training for this project. She worked with Diplomate Beatrice Fulton, LCSW to develop “Using Cognitive Behavioral Skills to Improve Educational Outcomes for At-Risk Youth.” This manual will be made available to any social service agency who works with children and adolescents.

If you would like to share your thoughts about how ACT can more effectively support professionals, educate consumers, and connect individuals with truly effective care, please contact us at 267-350-7683 or [info@academyofct.org](mailto:info@academyofct.org).

**THANK YOU FOR YOUR CONTINUED MEMBERSHIP IN AND  
SUPPORT OF THE ACADEMY OF COGNITIVE THERAPY!**

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