



Judith Beck

Zip Code: 19004

Zip Postal: 19004

Language: English

Populations Treated: Adults, Seniors, Couples, Families, LGBTQI, Adolescents/Teens

Organization: Beck Institute for Cognitive Behavior Therapy

Treatment Options: Telehealth

Disorders Treated & Specialty: Body Dysmorphic Disorder, Agoraphobia, Anxiety, Bipolar Disorder, Depression, Eating Disorders, Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Trauma, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Credit Cards

Address1: One Belmont Avenue

Address2: Suite 503

Website: <http://www.beckinstitute.org/>

City: Bala Cynwyd

State/Province: Pennsylvania

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: jbeck@beckinstitute.org

Office Phone: 6106643020

Telehealth: Pennsylvania

Cell Phone: 6106643020

Professional focus: Psychologist

ABOUT

As a therapist, I strive to foster highly supportive, compassionate, and collaborative relationships with clients and to tailor treatment to their individual backgrounds, preferences, and needs. I specialize in Cognitive Behavior Therapy (CBT), a structured form of talk therapy which has been demonstrated in well over 1,000 research studies to be an effective treatment for a wide range of psychological issues, psychiatric disorders, medical conditions, and quality of life concerns. I work with clients to identify their strengths, values, and aspirations, accomplish their important goals, and create positive and lasting changes in their thinking, behavior, and mood. I help clients evaluate unhelpful or inaccurate thoughts, overcome barriers to achieving their aspirations, and teach them new skills they can use for the rest of their lives so not only do they get better but they also stay better. In addition to my clinical work, I serve as President of the nonprofit Beck Institute for Cognitive Behavior Therapy, where I oversee all clinical, training, and outreach activities and I'm Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania. I've written the basic textbook in the field: Cognitive Behavior Therapy: Basics and Beyond, which has been translated into more than 20 languages and I give lectures all around the world about various applications of CBT.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

POPULATIONS TREATED

Adolescents/Teens

Adults

Couples
Families
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Bipolar Disorder
Body Dysmorphic Disorder
Depression
Eating Disorders
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

Tips and Questions About How to Choose a Therapist That's Right for You

<https://adaa.org/finding-help/treatment/choosing-therapist>

5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!

<https://adaa.org/resources-news/from-adaa-experts/videos>

ADAA's Free Mental Health Webinars

<https://adaa.org/resources-news/from-adaa-experts/webinars>

Mental Health Personal Stories

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

ADAA Free Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Join a Free ADAA Online Peer-to-Peer Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!

<https://youtu.be/Eq3zOzbfGoU>