

Aaron T. Beck M.D. the Father of Cognitive Therapy Celebrates 90th Birthday

90th birthday celebrations will today be underway as Aaron Temkin Beck, M.D. celebrates his birthday milestone. Regarded as the Father of Cognitive Therapy, Aaron Beck created and evolved cognitive therapy over the course of his research and clinical career, which has seen him publish over 550 scholarly articles, 18 books, develop a number of assessment tools including the widely used *Beck Depression Inventory®-II (BDI®-II)* and co-author the *Beck Youth Inventories™ - Second Edition For Children and Adolescents (BYI-II)*, both published by Pearson Assessment.

Aaron Beck is University Professor in the Department of Psychiatry at the University of Pennsylvania and the Director of the Center for the Treatment and Prevention of Suicide and the Psychopathology Research Unit. He currently serves as the Principal Investigator of several research projects at the Center, including Community-Based Cognitive Therapy for Suicide Attempters, Cognitive Therapy for Suicidal Patients with Drug Dependence, and Cognitive Therapy for Suicidal Older Men.

Dr. Beck also serves as the Principal Investigator of several other projects, such as Cognitive Therapy for Schizophrenia, Cognitive Therapy for Borderline Personality Disorder and Cognition and Functioning in Schizophrenia. He is the recipient of a number of prestigious awards, including the 2010 Mental Health Association of Southeastern Pennsylvania Lifetime Achievement Award and the 2006 Albert Lasker Clinical Medical Research Award for developing cognitive therapy.

As one of “10 individuals who shaped the face of American Psychiatry” and one of the 5 most influential psychotherapists of all time, Beck’s research and assessments have made a huge difference to professionals world-wide.

Chris Hall, M.D. at Pearson Assessment commented:

‘Beck’s work has been remarkable in the way it has created and shaped the past, present and future of cognitive therapy, and we are very honoured to help celebrate his 90th Birthday. As lead publishers of the assessment tools that are a result of Beck’s research, their continued popularity is a clear testament to his esteemed work.’

A reception at the 2011 APA Annual Convention, will be held in Washington, D.C at the beginning of August to celebrate this birthday milestone. Whilst attending, Aaron Beck will also be holding conversation with Frank Farley, in a session entitled ‘A Hero of Psychology - Aaron T. Beck at 90’ on August 4th. Pearson Assessment will be delighted to present him with a gift at this ceremony on behalf of the UK office.

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Notes for editors:

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