



THE GEORGIA BECK INITIATIVE

December 2022

The Georgia Beck Initiative is a collaborative clinical, educational, and administrative partnership between the Beck Institute, the Center of Excellence for Children's Behavioral Health at Georgia State University's Georgia Health Policy Center, and the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) that seeks to disseminate the recovery-oriented cognitive therapy (CT-R) model throughout the DBHDD provider network. Through intensive training and ongoing consultation, tangible tools are placed in the hands of those working with people in recovery across the network to provide quality behavioral health care. A continuity of care system, informed by CT-R, is being developed across the state to help those in recovery to integrate back into their communities and have an increased quality of life.

Overview of Cognitive Therapy

Aaron T. Beck, M.D., developed Cognitive Therapy (CT) in the 1960s as an alternative approach to the psychoanalytical process. Beck originally developed this structured, short-term, present-oriented psychotherapy for depression, directed towards solving current problems and modifying dysfunctional thinking and behavior. Since the early development of CT, Beck and others have successfully adapted this therapy for a diverse set of psychiatric disorders and populations to include schizophrenia. CT is being used across a wide range of presenting problems and populations, both nationally and internationally. CT has extensive empirical support for its effectiveness as a psychotherapeutic approach.

CT is based on the cognitive model, which proposes that dysfunctional (inaccurate or unhelpful) thinking is common to all psychological disturbances. This model emphasizes that it is not the situations in our lives that shape how we feel, but rather our perception of those situations that influences our emotions and behaviors. Changes

PROJECT GOALS FOR GEORGIA BECK INITIATIVE

- To promote recovery and increased quality of life for individuals served by using the evidence-based practice of CT-R as a standard of care within DBHDD network
- To promote the sustained implementation of CT-R within the DBHDD network
- To improve the professional lives of providers in the DBHDD system
- To conduct program evaluation to examine outcomes such as client attrition, service use, recidivism, provider turnover, and the sustainability of high-quality CT-R in DBHDD settings

in our thinking can make a difference in how we feel and act in relation to those situations. Enduring improvement results from changes in an individual's underlying dysfunctional beliefs. Treatment is based on a cognitive conceptualization, or understanding, of the individual's thoughts and beliefs. The cognitive therapist seeks to collaboratively produce change in the client's thinking and belief system, with the aim of bringing about enduring emotional and behavioral change.

Georgia Beck Initiative Core Design

The Georgia Beck Initiative is aimed at training mental health providers serving individuals with serious mental health diagnoses in various levels of treatment throughout the state. The treatment protocol has evolved in scope to offer interventions to address less serious challenges such as depression, anxiety, and substance use and to include the populations of emerging adults, children, and individuals experiencing homelessness. Instructors, conducting an intensive CT-R training workshop, develop provider skills in cognitive conceptualization, activation of the individual, eliciting aspirations and positive action to achieve aspirations.. Following the close of the workshop, small group consultation is provided weekly for six months. During the consultation phase, providers receive feedback on their current treatment interventions with individuals served. Throughout the consultation period, the instructors listen to recordings of treatment meetings and score these based on the Cognitive Therapy Rating Scale to measure the trainee's mastery of CT-R. If the trainee is successful in reaching competency at the close of the consultation period, he or she becomes eligible for certification in Recovery-Oriented Cognitive Therapy.

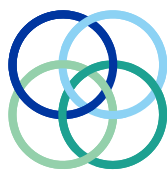
Diverse Applications

In response to needs identified by DBHDD and related departments, the Georgia Beck Initiative has conducted training workshops combined with ongoing consultation in a wide array of settings and with various health care professionals, including:

- Residential treatment settings
- Hospitals
- Psychiatrists and program directors
- Adult outpatient services
- Intensive community-based services



For more information, please contact:



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