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June 2012

In a new video, Dr. Aaron T. Beck discusses [similarities between CBT for depression and CBT for schizophrenia](#).

Approximately [10% of American workers report instances of binge eating](#) in the last month; this behavior can be treated effectively with CBT.

A study in *Psychology of Addictive Behaviors* indicates that [adding group CBT for depression to inpatient addiction treatment](#) further reduces substance use and depressive symptoms compared to usual inpatient care.

Researchers at Stanford University find that [cognitive reappraisals related to self-efficacy may be an important mechanism of change](#) in CBT for social anxiety.

A new article describes how [telephone-based and computer-based therapy can help reduce stigma and increase access](#) to CBT.

A study in *Archives of Internal Medicine* demonstrates that [CBT is efficacious for reducing body-wide pain](#) associated with diseases such as fibromyalgia.

Researchers at the University of Manchester find that [individuals who complete a course of CBT for Psychosis show gains](#), but those who drop out early experience a worsening of symptoms.

A new meta-analysis in *BMC Psychiatry* indicates that [cognitive therapy and exposure](#) are equally efficacious for treating PTSD, OCD, and Panic Disorder, while cognitive therapy is preferable for Social Phobia.

Dr. Aaron [Beck demonstrates the use of CBT strategies for suicidal patients](#) in a new video.

[Online Mindfulness-Based Cognitive Therapy is as effective for reducing stress](#) as face-to-face therapies.

New research in *Addictive Behaviors* finds that [CBT alone promotes abstinence among cocaine addicts](#) as well as CBT plus D-cycloserine medication.

Researchers at Tel Aviv University have found their [Attention Bias Modification computer program](#) is as efficacious as cognitive therapy for anxiety disorders in children.

A new study in *Child Psychiatry & Human Development* suggests [children with high levels of social competence respond better to CBT](#) for anxiety.

In a new video, [Dr. Aaron Beck describes the nature of core beliefs](#) and how therapists can intervene.

Researchers at Northwestern University find depressed patients' [early drop-out rates are lower for CBT conducted by telephone](#) than for face-to-face therapy.

May 2012

A U.K. National Health Service therapist explains how [CBT can be used for career counseling](#) .

Researchers at Queen's University Belfast find [CBT is efficacious for children](#) who have experienced trauma during wartime.

A U.S. Department of Health and Human Services Task Force concludes that [individual and group CBT are efficacious for children exposed to trauma](#)

The Wall Street Journal covers [some therapists' techniques for encouraging clients who tend to "whine"](#) in therapy to focus instead on problem-solving.

[Cognitive-Behavioral Stress Management for women with breast cancer](#) has been found to upregulate expression of genes associated with healthy immune response.

Researchers in New Zealand created a video game for teens that teaches them CBT skills like distinguishing between accurate and inaccurate thoughts. [Results from a randomized clinical trial](#) suggest completing the video game program is as efficacious in reducing depressive symptoms as treatment as usual.

[New research on cognitive therapy for individuals at risk for psychosis](#) finds the treatment reduces the severity of symptoms in those who transition to psychosis.

A [new study finds](#) that a combination of CBT and exercise training significantly improves the physical fitness of fibromyalgia patients.

Dr. Aaron T. Beck has released a [new video](#) explaining the rationale and process for obtaining certification in cognitive therapy from the Academy of Cognitive Therapy.

April 2012

[Actress Amanda Seyfried reports](#) she has been undergoing CBT for panic attacks, calling it a "great tool."

Dr. Robert Leahy has a [new article](#) about the role of beliefs about money in financial worry.

[The New York Times reports](#) on the development of therapeutic apps for smartphones.

March 2012

The U.S. Department of Veterans Affairs has a [new resource](#) on "moral injury" and PTSD treatment of veterans.

[New research](#) indicates "fear of anxiety, experiential avoidance, and intolerance of uncertainty [make] significant and unique contributions to the prediction of worry" and GAD criteria.

[UCLA researchers find evidence](#) that meditation increases cortical folding in the brain.

[An EEG study](#) finds that Mindfulness Based Cognitive Therapy improves the information processing and attentional readiness of individuals with bipolar disorder.

February 2012

[New research from the UK](#) links benzodiazepines to risk of cancer, early death, and more.

A [study in the Netherlands](#) finds that a CBT focused on helping clients return to work was more effective at accomplishing this goal than standard CBT.

The Beck Institute is offering its first on-site CBT training in Spanish. The training will be held on April 2-4, 2012, and focused on CBT for depression and anxiety. For additional information, [vis it the Beck Institute website](#)

Watch [this video](#) of Dr. Aaron Beck discussing the evolution of research on CBT for schizophrenia and psychosis.

