***ROBERT J. BERCHICK, Ph.D, ABPP, A-CBT***

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https:hushforms.com/berchick.form (encrypted for HIPPA compliance)

FOR TELEHEALTH: Simple Practice or <https://doxy.me/drberchick> or htpps://psychologytoday.com/dr-robert-j-berchick

Education:

1985 Ph.D. University of Pennsylvania, Professional Psychology

1979 M.S. (Ed.) University of Pennsylvania, Psychological Services

1975 B.A. Pennsylvania State University, General Arts & Science

Training:

1985 - 1987 Post-Doctoral Fellowships in Clinical Psychology.

Department of Psychiatry, University of Pennsylvania.

Supervisor Aaron T, Beck, MD

1981 - 1983 Pre-Doctoral Internship in Clinical Psychology.

Center for Cognitive Therapy, University of Pennsylvania.

Supervisors: Aaron T. Beck, M.D., Raymond Harrison, Ph.D., and Arthur Freeman, Ed.D.

1979 - 1980 Individual and group psychotherapy.

LaSalle University Counseling Center.

Behavioral Therapy Supervisor: Peter Filicicetti, Ph.D.

1979 - 1980 Individual psychotherapy, diagnostic/treatment evaluations.

Center for Cognitive Therapy, University of Pennsylvania.

Supervisor: Jeffrey Young, Ph.D. (Founder of Schema Therapy)

1978 - 1979 Individual psychotherapy. Adult outpatient community mental health.

Northwest Mental Health Center, Adult Outpatient Department.

Behavioral Therapy Supervisor: Marvin Epstein, Ph.D.

Licensure:

1982 - Present Pennsylvania Licensed Psychologist.

PS003869-L

Specialty Certification:

2020- Present E.PASSPORT and AITP #4783

2020 - Present CPQ Certificate of Professional Qualification in Psychology. Association

Of State and Provincial Psychology Board (ASPPB).

2020 - Present IATP International Association of Trauma Professionals now Evergreen:

Certified Clinical Trauma Professional.

2014 – Present ABCBP Board Certification in Behavioral and Cognitive Psychology

American Board of Professional Psychology (ABPP).

2013 - Present ACT now (A-CBT) Certified Consultant and Trainer (Diploma for C Certified Supervisor issued 1/15/2013

2001 - 2004 Diplomate of Professional Psychotherapy.

International Academy of Behavioral Medicine,

Counseling and Psychotherapy Inc. (Certificate #1931).

1999 - Present Founding Fellow.

Academy of Cognitive Therapy now A--CBT (Certificate #00456).

Hospital Privileges:

1982 2021 University of Pennsylvania Health Systems:

Auxiliary/Allied Health Care Provider Clinical Privileges

Professional Associations:

2020 - Present International Association of Trauma Professionals, now Evergreen

2017 - Present Association of State and Provincial Psychology Boards-CPQ

2014 - Present American Board of Professional Psychology-American Board of

Behavioral and Cognitive Psychology

2001- 2002 International Academy of Behavioral Medicine, Counseling

and Psychotherapy, Inc.

1999 - Present Academy of Cognitive Therapy, now A-CBT

1999 – 2021 t Association for Psychological Sciences

1999- 2000 Prescribing Psychologists' Register

1995- 1996 American College of Forensic Examiners

1990 - Present Association for Cognitive Behavioral Therapy (Association for

Advancement of Behavioral Therapy). 2015-2017 Member of

Dissemination and Implementation Science Special Interest Group

Serving on the Satisfaction/Acceptability Measure Work Group. 2015-

Present Member of Neurocognitive Therapies/Translational Research

Group. Serving on the 2015 Conference Planning Committee. In 2016

Left for a one-year sabbatical.

1990 - Present National Register of Health Service Providers in Psychology.

1990 – Present Pennsylvania Psychological Association (Fellow)

1985 - Present American Psychological Association

1983 - Present Philadelphia Behavioral Therapy Association

1980 - 2014 Philadelphia Society of Clinical Psychologists.

Employment:

2023 – Present Telehealth Private Practice - ROBERT J BERCHICK PHD, INC

Hatfield, Pennsylvania 19440

2005 - 2022 Limited Private Practice - ROBERT J BERCHICK PHD, INC

Specializing in Cognitive Behavioral Therapy

Warminster, Pennsylvania 18976

Specializing in Cognitive Behavioral Therapy.

1990 - 2004 Full Spectrum Private Practice.

Warminster, Pennsylvania 18974

Specializing in individual and group Cognitive Behavioral Therapy for depression, anxiety disorders, substance abuse, and relationship or marital difficulties. Offering consultation and educational services to industry, community, and individuals.

1982 - 1990 Clinical Director.

Center for Cognitive Therapy, University of Pennsylvania.

Responsible for ongoing clinical and administrative operations. Supervised Psychology pre-and post-doctoral candidates, foreign guests, and PGY-3 and PGY-4 residents.

1981 - 1982 Assistant Clinical Director.

Center for Cognitive Therapy, University of Pennsylvania.

Supervised pre-and post-doctoral candidates as well as PGY 3 residents.

1979 - 1981 Clinical Coordinator.

Center for Cognitive Therapy, University of Pennsylvania.

Assisted in the ongoing clinical operations and supervised trainees.

1979 – 1981 Clinical Associate and Partner

Bucks Psychology Associates, Doylestown, Pennsylvania

Provided Diagnostic and Treatment Evaluations

as well provided ongoing therapy for couples and

individuals under the supervision and licenses of

Drs. Art Freeman and Ray Harrison.

1977 - 1978 Senior Evaluation Assistant of the Drug Abuse Research Project

West Philadelphia Community Mental Health Consortium, Inc.

1975 - 1979 Assistant Clinical Coordinator.

Mood Clinic, University of Pennsylvania.

Interviewed and evaluated research study patients.

1975 - 1975 Resident Manager, Reality Therapy-based Drug Rehabilitation Program

Lower Kensington Environmental Center, Philadelphia, PA

Managed clinical operations for inpatient detoxification and

subsequent treatment planning.

1972 - 1973 Live-in Surrogate Sibling Volunteer.

Philadelphia State Hospital, Philadelphia, PA.

Played a central role in milieu therapy with psychiatric inpatients under Donald Daiter, MD. In addition, coordinated the activities of five -5 graduate student live-in volunteers.

Consulting:

1990 - 2017 Consultant at the Center for Cognitive Therapy and the Depression

Resdearch Unit (under Arron T. Beck, MD)

2001 - 2007 Physician Advisory Committee Member.

One Health Plan- Northeast Region (Great West).

Responsible for reviewing files of Health Care Providers who had several minor or one major malpractice suits against them or who have been facing ethical misconduct allegations. Voted on various quality assurance methodologies.

1994 - 2006 Consultant and Supervisor, Extramural Post-Doctoral Program For

The Beck Institute and ACT, Philadelphia, PA.

1988 - 2004 Consultant, Hostage Negotiator, Stress and Crisis Management Counselor, and Officer Selection Board Member.

Warminster Township Police Department.

1993 - 1994 Senior Consultant for Adult Inpatient Unit, Dual Diagnosis Unit,

Adolescent Inpatient Department, and the Adolescent Partial Hospitalization Programs Horsham Clinic.

Reported to CEO, Marc Benz

1992 - 1994 Consultant and Supervisor.

Center for Psychotherapy Research, University of Pennsylvania.

I collaborated with Fred Wright, Ph.D., and Aaron T. Beck, MD, on the design and execution of a Pilot Study for comparative outcome research on the treatment of cocaine abuse.

Academic Appointments:

1990-2022 Clinical Assistant Professor of Psychology in Psychiatry

Perelman School of Medicine, University of Pennsylvania.

1998 - 2004 Adjunct Faculty.

Doctoral Program in Psychology at La Salle University.

1996 - 1998 Adjunct Faculty.

PGY 3 Psychiatric Residency program, West Trenton Psychiatric

Hospital.

Responsible for the design and execution of the educational portion of the Psychotherapy Curriculum. Focused on clinical conceptualization, DSM IV assessments, and evidence-based treatments for depression, anxiety, and substance abuse. Provided three semester-long courses: Brief Psychodynamic therapies, Behavioral Therapy Models

, and ADVANCED COGNITIVE THERAPY

1995 - 2004 Adjunct Faculty.

Master of Psychology at La Salle University.

I taught the main courses in psychopathology and psychotherapy. And two courses that covered substance abuse, depression, and anxiety disorders from diverse clinical perspectives.

1988 – 1990 Assistant Professor of Psychology in Psychiatry.

School of Medicine, University of Pennsylvania

1984 - 1988 Lecturer of Psychology in Psychiatry.

School of Medicine, University of Pennsylvania.

1982 – 1990 Clinical Supervisor

Department of Clinical Psychology, University of Pennsylvania

Research Activities:

2004 - 2007 Senior CBT Supervisor, University of Pittsburgh Medical Center

Treatment of Resistant Depression in Adolescents (TORDIA),

The University of Pittsburgh. (P.I.: David Brent, M.D., Grant MH61835).

I participated in the design and conduct of this study.

2003 - 2004 Project Director of the NDI/CCT Studies.

Psychopathology Research Unit, University of Pennsylvania.

1988 - 1989 Senior Consultant at STAR (Special Teens At Risk).

Child and Adolescent Psychiatry, University of Pittsburgh

Medical Center (P.I.: David Brent, M.D. Grant 46500-01A1)

1983 - 1989 Project Coordinator.

The University of Pennsylvania. (P.I.: Aaron T. Beck, MD.)

Coordinated many comparative outcome research *Cognitive Therapy of Panic Disorders*.

1976 - 1977 Research Assistant to Aaron T. Beck, MD.

Department of Psychiatry, University of Pennsylvania.

Interviewed patients and summarized research findings for a federally funded project investigating psychopathological variables in methadone maintenance patients at the West Philadelphia Mental Health Consortium.

1975-1977 Research Assistant to Aaron T. Beck. M.D.

Department of Psychiatry, University of Pennsylvania.

Assisted Dr. Steve Hollon in conducting the follow-up

Study of patients from the Rush et al. 1975 comparative

Outcome study.

1975 - 1976 Research Assistant to Aaron T. Beck, MD.

Department of Psychiatry, University of Pennsylvania.

Research assistant on a federally funded grant to conduct a long-term follow-up study of suicide attempters and ideators admitted to the University of Pennsylvania and the Philadelphia General Hospital. Interviewed patients, coordinated follow-up program, and summarized research findings.

1974 - 1975 Research Assistant (Independent Study Projects) to Dr. Alan E. Kazdin,

Department of Psychology, Pennsylvania State University

Behavioral Analyst in studies of Behavioral Modification in

Elementary School Classrooms.

Editorial Responsibilities:

1989 - 1990 Associate Editor of the Behavior Therapist.

Editorial responsibilities for this AABT monthly journal's "Clinical Notebook" section. Under the leadership of Dr. Art Freeman

Honors and Awards:

2020 Certified Clinical Trauma Professional, IATP

2014 American Board of Cognitive and Behavior Psychology ABPP

1980 Academic Merit Scholarship, University of Pennsylvania.

1979 Academic Merit Scholarship, University of Pennsylvania.

1975 Graduation with Distinction, Pennsylvania State University.

Publications and Papers:

Schoenly, A.& Berchick, R. J. (2023). Crises with Older Adults. In Dattilio, F.M., Shapiro, D.I., & Greenaway, D.S. (Eds.), Cognitive-Behavioral Strategies in Crisis Intervention. New York: Guilford Press

Berchick, R.J. & Nelinson, M.J. (2016). A Forty-Year Perspective: ABCT and the NIMH Position on Neuroscience. Conference paper NTTR-SIG Association for Behavioral and Cognitive Therapy-ResearchGate.

Berchick, R.J. (2014), Invited Amazon book review by the second author. Overcoming Compassion Fatigue, Mather Teater and Jon Ludgate. PESI Publishing.

Berchick, R.J. (2013). Forward for Out of Control by Rochelle Pripstein. ISBN 978-0-9886355-0-051500>780988635500

Beck, A.T., Brown, G., Berchick, R.J., Stewart, B.L., & Steer, R.A. (1990). Relationship of hopelessness to ultimate suicide: Replications with psychiatric outpatients. Archives of General Psychiatry, 147, (2), 190-195.

Beck, A.T., Solkol, L., Clark, D.A., Berchick, R., & Wright, F. (1992). Focused Cognitive Therapy of Panic Disorder: A Crossover Design and One Year Follow-Up. The American Journal of Psychiatry, 149:6, 778-783.

Berchick, R.J. (1987). Book review of A.J. Rush, Short-term psychotherapies for depression. Journal of Psychotherapy and the Family.

Berchick, R.J. (1985). Public speaking anxiety before and after introductory speech classes. Unpublished doctoral dissertation. Philadelphia, PA: University of Pennsylvania.

Dattilio, F.M. & Berchick, R.J. (1992). Treating panic disorder in college students. In Freeman, A. & Dattilio, F.M. (Eds.), Comprehensive Casebook of Cognitive Therapy. New York: Plenum Press.

Berchick, R.J. & Wright, F.D. (1992). Guidelines for handling the suicidal patient: A cognitive perspective. In Bonger, B. (Ed.), Suicide: Guidelines for Assessment, Management & Treatment. New York: Oxford University Press.

Riskind, J.H., Beck, A, T., Berchick, R.J., Brown, G., & Steer, R.A. (1987). Reliability of DSM-III diagnoses for major depression and generalized anxiety disorder using the Structured Clinical Interview for DSM-III (SCID). Archives of General Psychiatry, 44 (9), 817-820.

Sokol-Kessler, L., Beck, A.T., Greenberg, R.L., Berchick, R.J. & Wright, F.D. (1989). Cognitive therapy of panic disorder: A non-pharmacological alternative. The Journal of Nervous & Mental Disease.

Steer, R.A., Beck, A.T., Brown, G., & Berchick, R.J. (1987). Self-reported depressive symptoms differentiate recurrent episodes of major depression from dysthymic disorders. Journal of Clinical Psychology, 43(2), 246-250.

Professional Lectures and Workshops: (41 during 1979 – 2009 domestic and international)

2009 Presenter, "Neuroplasticity and Cognitive Therapy Practices."

George Washington Medical School Department of Psychiatry Resident Training Program.

2006 Co-presenter, "Cognitive Therapy with Teens" Workshop.

STAR-Center Conference sponsored by Western Psychiatric Institute and Clinic, University of Pittsburgh. King of Prussia, PA.

1998 Presenter, "Cognitive Therapy for Anxiety Disorders: Theory and Techniques."

LaSalle University, Bucks County Campus.

1995 Co-presenter, "Cognitive Therapy for Personality Disorders."

American Psychiatric Convention, Miami, FL.

1993 Presenter, "Developments in Cognitive Therapy: An Overview of the

Treatment of Anxiety, Depression, and Personality Disorders."

WPIC. The University of Pittsburgh.

1993 Presenter, "Hostage Negotiations with Depressed Individuals: Practical Common Sense."

Upper Moreland Police Department, Upper Moreland, PA.

1993 Lecturer, "Introduction to Cognitive Therapy for Partial and Alternative

Programs." (4-week series).

Horsham Clinic.

1993 Presenter, "Introduction to Cognitive Therapy of Substance Abuse: Towards a

Cognitive milieu."

Horsham Clinic.

1993 Lecturer, "Cognitive Therapy with Adolescent Inpatients." (7-week series)

Horsham Clinic.

1992 Presenter, "Untwisting Your Thinking: Cognitive Approaches to the Treatment of Depression."

HCA Rockford Center's Nourishment for the Mind. Newark, Delaware.

1992 Co-leader (with Andrew Molchon, MD), "Depression in Adolescence."

Arlington Township School Board, Arlington, Virginia.

1991 Workshop Leader, "Cognitive Therapy with Personality Disorders."

Western Psychiatric Institute and Clinic of the University of Pittsburgh.

1991 Grand Rounds, "Untwisting your Thinking: Cognitive Approaches to the Treatment of Depression."

Dominion Hospital, Falls Church, Virginia.

1990 Symposium for the American Psychological Association: "Cognitive

Approaches to the Assessment and Treatment of the Suicidal Patient."

Boston, MA, August 1990

1990 Workshop Leader, "Treatment of Anxiety Disorders & Special Issues."

MHC Billings, Montana.

1990 Workshop Leader, "Cognitive Therapy of Personality Disorders, Couples'

Problems, and Inpatient Depression" Conference, Philadelphia.

1990 Invited Lecturer, "Cognitive Approaches to Anxiety Disorder."

Northwest Community Mental Health Consortium.

1989 Workshop Leader, "Treatment of Panic Disorders."

Philadelphia Society of Clinical Psychologists.

1989 Invited Speaker, "Cognitive Therapy of Depression."

Philadelphia Psychiatric Center Lecture Series.

1989 Lecturer, "Depression and Disability."

International Center for the Disabled, NY.

1989 Group Workshop Leader, "Cognitive Therapy for Couples."

38th National Conference of the Association of University and College

Counseling Center Directors.

1989 Workshop Leader, "Developments in Cognitive Therapy."

AHEC, Greensboro, North Carolina.

1989 Guest Lecturer, "Cognitive Conceptualizations."

Institute of Psychiatry, Maudsley Hospital, University of London (U.K.)

1989 Co-leader, "Marital Therapy Workshop."

World Congress on Cognitive Therapy, Oxford University (U.K.) June.

1989 Presenter, "Training in Cognitive Therapy."

World Congress, Oxford University (U.K.) June.

1989 Co-presenter with Fred Wright, "Cognitive therapy with Cocaine Abuse," AABT

1988 Guest Lecturer, "Cognitive Therapy for Interpersonal Issues."

Daroff Campus, Jewish Y, Northeast Philadelphia.

1988 Workshop Leader, "Use of Cognitive Therapy in Settings."

New Jersey Health Plan, Inc.

1988 Guest Lecturer, "Cognitive Therapy for Outpatient Couples."

Explore, Inc.

1988 Co-presenter with Fred Wright, "CBT with the Suicidal Patient," AABT

1987 AABT Poster Session, "Hopelelessness Scale as a Predictor of

Ultimate Suicide in an Outpatient Sample". Beck, A.T., Brown, G., Berchick, R.,

& Steer, Boston, MA.

1987 Workshop Leader, "Cognitive Therapy of Panic."

National Association of Social Workers.

1986 Co-presenter with Christine Padesky, "Cognitive Therapy of Anxiety and

Phobias", AABT, Chicago, Illinois.

1986 Guest Lecturer, "Use of Dreams in Cognitive Therapy."

Philadelphia Society of Clinical Psychologists.

1985 Guest Lecturer, "Coping with Stress: Untwisting Your Thinking."

General Electric Company, Philadelphia, PA

1984 - 1990 Workshop Leader, The Extramural Training Program in Cognitive Therapy.

The University of Pennsylvania.

1983 Guest lecturer, "Cognitive Therapies."

Villanova University.

1982 AABT Workshop, "Cognitive-Behavioral Approaches to Organizational

Consulting". Harrison, R., Freeman, A., & Berchick, R.

1981 Lecturer, "Cognitive Therapy and the Emotional Disorders."

University of Pennsylvania's Summer Forum

1980 Guest Lecturer, "Depression."

Millersville State College.

1979 Workshop Leader, "Cognitive Therapy of Depression."

Northwest Mental Health Consortium.

Media Exposures: (10 during 1983 – 2012)

November 2012 *Philly Burbs,* "Psychologist's View on Newtown Tragedy." (Amanda King). http://bit.ly/12gapVqp

March 1990 G*lamour*, "Are you too good for your own good?" pp 164-167.

April 1990 *Working Mother*, "Good news about the blues." pp 16-22.

December 1989 *Action News* (WPVI-TV); Two-part series on Holiday Blues.

October 1989 *CV Magazine*, "The Perils of perfectionism." pp 44-47.

April 1989 *Philadelphia Inquirer Magazine*, "A brilliant madness." pp 15-46.

September 1987 *Glamour*, "Are you an optimist or a pessimist?" pp 148-152.

December 1985 *Penn Paper*, "Surviving the stresses of the season." p 5.

September 1985 *Ladies Home Journal*, "How to beat the blues." R-6 to R-7.

February 1983 *Germantown Courier Times,* "Reasons for Graffiti are off the wall"