

July 1, 2016

ABCT Fellowship Committee

Re: Robert Berchick, Ph.D.

Dear Committee:

I am writing in support of Robert Berchick, Ph.D., who is applying for fellow status with ABCT. I have known Bob for nearly 40 years since we worked together on the early trials of cognitive therapy at the University of Pennsylvania. Bob played a major if not fully recognized role in getting the therapy off the ground and I think that he more than merits fellow status for that.

Bob came to Penn shortly after finishing his undergraduate education at Penn State University and worked as my primary research assistant on the clinical trials that were subsequently formed the core of the empirical support for Beck's cognitive therapy. The bulk of the acute treatment phase of the classic Rush 1977 trial (Cognitive Therapy and Research) had been completed by the time that we arrived but we finished up the trial and oversaw the bulk of the follow-up that first suggested that cognitive therapy has an enduring effect not found for medications (Kovacs 1981 Archives of General Psychiatry). He played a major role in implementing a subsequent trial that compared cognitive therapy alone to combined treatment adding antidepressant medications (Beck 1985 Archives of General Psychiatry) and served as the clinical director for the Center for Cognitive Therapy for the better part of the 1980's. During that time he supervised many of the people who went on to win acclaim in the field including people like David M. Clark, David A. Clark, Judy Beck, Frank Dattilio, John Ludgate, and former ABCT president Robert Leahy). Bob also was for many years provided supervision for the graduate students at the Department of Psychology at the University of Pennsylvania (my close colleague Robert DeRubeis used to refer to him as the official Clinical Supervisor for the department and it was in that role that he supervised many of the best known people in the field including Susan Nolen-Hoeksema). He was a colleague and contemporary of major figures in the field like Ruth Greenberg, Jeffrey Young, and Art Freeman (another former ABCT president). He played a major role in the dissemination of cognitive therapy to the media, did forensic work as a hostage negotiator from a CBT perspective, and designed many of the early training programs. Bob was absolutely instrumental to early development and testing of cognitive therapy. It has become one of the preeminent interventions in the field today and Bob played a major role in its early history.

Bob completed his professional training and moved on to private practice in the subsequent decades but has remained involved with ABCT throughout the years. He presented posters and did workshops back during the 1980's when he was still at the Center for Cognitive Therapy and stayed involved through membership in several special interests groups including Dissemination and Implementation Science and Neurocognitive Therapies / Translational Research Special Interest Group. He has been a member of the Stakeholder Liaison Committee and most recently the 2016 ABCT Conference Planning Committee. Clearly ABCT is his professional home.

I strongly encourage you to consider Bob for fellow status in ABCT. He played a critical role in getting cognitive therapy off the ground in its early years and was instrumental in consolidation in the Center for Cognitive Therapy during the 1980s. He clearly merits that consideration. I look back on our early work together with great fondness. He clearly deserves to be a fellow.

Yours truly,

A handwritten signature in black ink that reads "Steven D. Hollon, Ph.D." The signature is written in a cursive, slightly slanted style.

Steven D. Hollon, Ph.D.
Gertrude Conaway Vanderbilt Professor of Psychology