



Department of Psychology
4400 University Drive, MS 3F5, Fairfax, Virginia 22030

October 29th, 2021

To Whom it May Concern:

I am delighted to write a strong recommendation for Dr. Robert Berchick. Dr. Berchick has made important contributions to cognitive therapy as a supervisor and early pioneer in developing a contemporary case conceptualization approach. When I was a postdoctoral fellow at the Center of Cognitive Therapy from 1983 to 1985, Bob was the Clinical Director and one of the most influential psychologists in my training. Other well-known and internationally recognized supervisors included Jeffrey Young and Arthur Freeman. The postdoctoral fellows who overlapped with me, and who included Judy Beck and Robert Leahy, were exposed to an intellectual climate that was intellectually rich and shaped many of our careers, and indeed the field of cognitive itself, for the many years to come. In my judgment, Bob Berchick was a standout. I would say that he was a major pioneer in developing a contemporary cognitive case conceptualization approach. When Jackie Persons' outstanding book on this came out several years later, I felt I had already been exposed to many of the ideas from Bob's innovative and sophisticated approach to cognitive conceptualization and his detailed approach to delineating the nature and structure of schemas that function as the underlying mechanisms for the psychopathology that we treated. I would even say that many of his ideas have not yet been as elegantly or completely characterized three decades later by the many books on cognitive therapy that have appeared.

Bob has made distinguished contributions to cognitive therapy and to training leading practitioners and researchers in this specialty area who play an influential role

today. These include David M. Clark and David A. Clark, Mark Reineke, Adrian Wells, David Haaga, Leslie Sokol, Cory Newman, Rob Zettle, and as noted, Bob Leahy and Judy Beck. He was involved for more than 10 years in creating, launching, and working with the Center for Cognitive Therapy's extramural training program. He presented or co-presented workshops with Art Freeman, Christine Padesky, Fred Wright, and others. He also served as co-editor of the Clinician's Corner in the Behavior Therapist under Art Freeman's Presidency. Moreover, he coauthored a number of publications with Beck and others, including papers in the Archives of General Psychiatry.

Although his active participation in ABCT was curtailed for several years because of serious medical problems he encountered, he is again contributing to the profession. He is an active member of a SIG at ABCT, the Neuro-cognitive Therapies/Translational and served on the conference committee for the 2015 conference. He also served in the Dissemination and Implementation Science (2015) SIG and helped in developing and piloting a survey questionnaire for the Stakeholder's Sub-Committee).

Given Dr. Berchick's many outstanding qualities and contribution to training many first-rank cognitive therapists who have achieved prominence as practitioners and researchers, I give him my highest recommendation. If you have any further questions, please feel free to contact me by email at jriskind@gmu.edu

Sincerely,

John H. Riskind, Ph.D.

Professor Emeritus of Psychology