



COGNITIVE-BEHAVIORAL THERAPY CENTER OF WNC, P.A.

1085 Tunnel Road, Ste 7A, Asheville, NC 28805

Tel: (828) 350 -1177

Fax: (828) 350-1188

<http://behaviortherapist.com>

R. Trent Codd, III, Eds
John Ludgate, PhD
Jacqueline E. Donnelly, PhD
Signi Goldman, MD
Rick Baker, MA
Erin Shadle, LCSW
Lisa Wolfe, MA

Re: Robert J. Berchick, Ph.D.

To Whom It May Concern,

I was requested to and am eager to provide a letter of recommendation on behalf of Dr Bob Berchick, who I have known professionally and personally for a period of twenty eight years. I was a post-doctoral fellow at the Center for Cognitive Therapy at the University of Pennsylvania School of Medicine from 1985 to 1986. Dr Berchick was clinical director and as such was responsible for the clinical duties of fellows as well as being my direct supervisor. In addition he provided some of the more didactic training which the fellowship involved. He was an excellent teacher and supervisor. I consider that my professional development in general and more specifically my development as a cognitive therapist was due in no small part to him. I subsequently worked with him as colleague when I served as a therapist and Assistant Director of Training at the Center for Cognitive Therapy from 1986-1988. He continued to provide supervision, clinical consultation and peer support. He was an invaluable colleague and an accessible and supportive director.

Over the years since 1988, we have remained in contact and I am aware of his continued impressive contributions to the development of cognitive therapy through clinical practice, in the research field and by virtue of teaching, training and supervising therapists. He has excellent therapeutic skills, is a consummate professional, has good communication skills, is keenly aware of ethical issues and is well-liked and respected by colleagues and fellow professionals.

I consider him to have superior teaching skills, clinical expertise and ability to relate to patients, colleague and trainees.

I would highly recommend him for any clinical, teaching or consulting position and feel he would be a very valuable asset.

If you require any further information please feel free to contact me at the above address or telephone 828-350-1177.

John W. Ludgate, Ph.D., Fellow of the Academy of Cognitive Therapy