

Beck Diet Solution Workshop

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Beck Diet Solution Workshop

The Beck Diet Program was developed by Dr. Judith S. Beck with Deborah Beck Busis, LCSW. Beck Institute for Cognitive Behavior Therapy is a leading international source for training, therapy, and resources in CBT.

Home Page | Beck Diet Program

Beck Diet Solution Training/Consultation at Your Organization. If your organization could benefit from training in the use of a cognitive behavioral therapy program for weight loss and weight maintenance, Dr. Judith Beck and the Beck Institute's Diet Program Coordinator, Deborah Beck Busis, LCSW, will develop a workshop to address your unique needs and interests.

Beck Diet Solution Workshops | Beck Institute

Based on The Beck Diet Solution and The Diet Trap Solution, this workshop teaches a CBT method for weight loss and maintenance with the opportunity to practice skills. Beck Institute for Cognitive Behavior Therapy is a leading international source for training, therapy, and resources in CBT.

Beck Diet Solution | Beck Institute

In this workshop, which is based on The Beck Diet Solution and The Complete Beck Diet for Life, participants will learn evidence-based strategies aimed at facilitating change in their clients' thinking and behavior so they can make permanent changes in their eating [Includes 6 CE/CME credits].

Workshops - The Beck Diet Solution

The Beck Diet Solution is a program designed to change the way you think, ultimately ending the weight-loss/regain cycle. This comprehensive, step-by-step psychological approach to healthy eating is aimed at teaching participants how to transform sabotaging thoughts into helpful ones.

The Beck Diet Solution Workshop | Centura Health

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Our diet workshop, here in Philadelphia on Sunday, September 13th, was a success! We had over 120 dieters and health and mental health professionals, from 20 US states and 3 countries. We're excited to announce that Julie Soller, from UCLA, filmed the workshop, and will use part of it for a documentary on The Beck Diet Solution .

Our Diet Workshop Was A Success! - The Beck Diet Solution

Online diet coaching sessions are available with Deborah Beck Busis, LCSW upon availability. One-time consultations can help you get started using the Beck Diet Program or can be used to discuss specific dieting problems. Weekly sessions can help to create a unique diet plan specific to your needs. For more information, please complete the form below.

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