

**Joel L. Becker, Ph. D.**

**Cognitive Behavior Associates  
435 North Bedford Drive, #407  
Beverly Hills, CA 90210**

**310-858-3831**

**Education**

- 2000 – Certificate in Trompe l’oeil and Mural Painting, Istituto per l’arte e restauro, Palazzo Spinelli, Florence, Italy
- 1977 – Ph.D. in Psychology, University of Georgia, Athens, GA
- 1973 - M.S. in Psychology, University of Georgia, Athens, GA
- 1971 - B.A. Hobart College, Geneva, New York.

**Licensure**

- State of California, PSY 11680
- State of Massachusetts, 2153
- Certified Trainer/Consultant, Fellow and Diplomate, Academy of Cognitive Therapy, since December 2002
- National Register of Health Service Providers, since January 1989

**Internship**

- Clinical Fellow in Psychology in the Dept. of Psychiatry, Harvard Medical School – Massachusetts Mental Health Center and Brookline Mental Health Clinic, 1974-75

**Professional Experience**

**November 2009 to present:** Clinical Professor, Dept. of Psychology, U.C.L.A.

**November 2010:** Visiting Professor, Department of Psychology, Universidad Autonoma de la Yucatan.

**February 2006 to present:** Founder and Director, Cognitive Behavior Therapy Institute, APA Approved Continuing Education Sponsor.

**December 2005 to present:** Clinical Director, Cognitive Behavior Associates, Beverly Hills, CA

**Aug. 1992 to present:** Clinical Asst. Professor, Dept. of Psychiatry and Bio-behavioral Sciences, Geffen School of Medicine at U.C.L.A.; Clinical Associate, U.S.C.

**September 1999 – August 2000:** Visiting Professor, University of Parma and University of Florence, Italy—taught in several post graduate CBT Institutes in Italy: Florence, Geneva, Milan

**August 1992 – November 2009:** Clinical Associate Professor, Dept. of Psychology, U.C.L.A.

**1990 - 2005:** Co-Director, Center for Cognitive Therapy, Beverly Hills, CA

**1986 - 1990:** Owner and Director, J.L. Becker/East End Gallery, Provincetown, MA

**1984 - 1990:** Consultant in Clinical Psychology, Veterans Administration Hospital, Jamaica Plain, MA

**1980 – 1990:** Faculty, Massachusetts School of Professional Psychology, Dedham, MA

**1979 – 1990:** Founder and Director, Boston Institute for Cognitive Behavior Therapies

**1977 – 1990:** Director, Behavior Associates, Boston, MA; Clinical Instructor, Department of Psychiatry, Harvard Medical School at the Cambridge Hospital

**1977 – 1980:** Behavioral Consultant/Chief Psychologist, Cambridge-Somerville Unit, Westborough State Hospital, Westborough, MA

**1976 – 1977:** Instructor, Massasoit Community College, Brockton, MA

**1975 - 1976:** Psychologist, Framingham Unit, Westborough State Hospital, Westborough, MA

**1975** Special Lecturer in Clinical Psychology, Providence College, Providence, RI

**PROFESSIONAL AFFILIATIONS:**

Fellow – Academy of Cognitive Therapy

Member – American Psychological Association

Member – Association of Behavioral and Cognitive Therapies

Member - Los Angeles County Psychological Association

**PRESENTATIONS, PUBLICATIONS, PAPERS:**

Becker, J.L. Cognitive Behavior Therapy for Insomnia, An Update, Cognitive Behavior Therapy Institute, Paris, France, October 13, 2013.

Becker, J.L. Cognitive Behavior Therapy for Insomnia, Invited Continuing Education Workshop, San Gabriel Valley Psychological Association, July 8, 2011

Becker, J.L. "Historia y estado actual de la terapia Cognitivo-Conductual en los Estados Unidos" (History and current status of CBT in the United States), Conferencia Magistral (Keynote Address), I Congreso de Estudiantes de Psicología de la region Sur-Sureste de Mexico, Merida, Mexico, November 16, 2010.

Becker, J.L. Cognitive Behavioral Treatment of Insomnia, Invited presentation, Los Angeles County Psychological Association Annual Convention, October 23, 2010.

Becker, J.L. Live Supervision of a Psychotherapy Case from Four Theoretical Perspectives, 6 Hour invited Continuing Education Workshop, Los Angeles County Psychological Association, September 25, 2010.

Becker, J. L. Cognitive Behavior Therapy for Insomnia, the Los Angeles Psychologist, p.4, May-June Issue, 2010.

Becker, J.L. Bipolar Disorder: What CBT has to Offer. Teleseminar, Cognitive Behavior Therapy Institute, December 12, 2008.

Becker, J.L, Mystkowski, J., and Dorian, E. Introduction to Cognitive Behavior Therapy for a Community Mental Health Center, 16 hour (2 day) Invited Continuing Education Workshop, Didi Hirsch Community Mental Health Center, Los Angeles, CA., October 13 & 14, 2008.

Becker, J.L. Supervision from Four Different Theoretical Perspectives, Invited Six Hour Continuing Education Seminar, Los Angeles Psychological Association, Los Angeles, CA., September 20, 2008.

Becker, J. L. Bipolar Disorder: What CBT Has to Add, Grand Rounds, Cedars Sinai Hospital, Los Angeles, CA., February 28, 2008

Becker, J.L. and Mystkowski, J. CBT 101 An Introduction and CBT 102: Intermediate CBT and Application to Specific Disorders, Cognitive Behavior Therapy Institute, UCLA Faculty Center, Los Angeles, CA., October 19, 2007 and January 18, 2008.

Becker, J.L. Cognitive Behavior Therapy for Insomnia, Grand Rounds, Harbor UCLA Medical Center, Torrance, CA., March 20, 2007.

Becker, J.L. Translational Applications: From Research to Practice 'Soundly Sleeping': A 6-Week CBT Program, Grand Rounds, Cedars Sinai Hospital, Los Angeles, CA., February 8, 2007.

Becker, J.L. and Zucker, B. Normalizing Obsessive-Compulsive Disorder, Invited Continuing Education Seminar, Los Angeles County Psychological Association, Encino, CA., Encino, CA., January 29, 2007.

Becker, J.L. Cognitive Behavioral Assessment and Treatment of Anxiety Disorders, Invited Continuing Education Workshop, University of Southern California Counseling Center, Los Angeles, CA., October 13, 2006.

Becker, J.L.\_ Book Review of Cognitive Approaches to Obsessions and Compulsions: Theory, Assessment and Treatment (2002), Elsevier Science, Oxford, UK. *Cognitive Therapy*, Vol. 5, Issue 2, June 2003.

Becker, J.L. Yes, "Behavioral" is Needed in Cognitive Behavior Therapy of Anxiety Disorders. Paper presented at the 19<sup>th</sup> Annual Conference of California Association for Behavior Analysis, Feb. 1, 2001.

Becker, J.L. Cognitive Behavioral Interventions with Couples. Workshop presented at Istituto di Psicologia e Psicoterapia Comportamentale e Cognitive (Genoa), Jan. 13 & 14, 2001.

Becker, J.L. Special Issues in Doing Cognitive Therapy with HIV Infected Patients. Paper presented at International Congress of Cognitive Therapy, Catania, Italy, June 21, 2000.

Becker, J.L. Anxiety Disorders: Cognitive Behavioral Psychotherapy. Workshop presented at Azienda U.S.L. di Parma, Dipartimento di Salute Mentale, Parma, Italy, June 16 2000.

Becker, J.L., Dodet, M., and Framba, R. Cognitive Behavioral Treatment of Couples in Crises. Seminar presented at Associazione per la Psicoterapia Cognitive, Milan, Italy, Mar. 25, 2000.

Becker, J.L., Assessment E Terapia Cognitivo Comportamentale Della Coppia, Istituto di Psicologia e Psicoterapia Comportamentale e Cognitiva, Florence, Italy, Dec. 4 &5, 1999.

Becker, J.L. Diagnosis and Treatment of Obsessive Compulsive Disorder. Presentation at the Los Angeles County Psychological Association, Oct. 17 , 1998.

Becker, J.L., Gorbis, E., and DeCola, J. Cognitive Behavioral Treatment of Anxiety Disorders. Invited workshop at the Los Angeles County Psychological Association Program Series, Feb. 15, 1997.

Becker, J.L. The New Millennium: Challenges and Opportunities for Psychology. Presentation at the Los Angeles County Psychological Association, Oct 19, 1996.

Becker, J.L. Cognitive Behavioral –('Who Am I Kidding?') – Treatment of Couples. Presentation at the Pasadena Area Psychological Association, April 5, 1996.

Becker, J.L. and Martel, C. Current Issues with Gay Men: A Cognitive Behavioral Approach. Workshop at 29<sup>th</sup> Annual Convention Association for Advancement of Behavior Therapy, Washington, D.C., Nov. 19, 1995.

Becker, J.L. and Oakley, M. Advances in Cognitive Behavioral Therapy. Invited workshop at the Los Angeles County Psychological Association Program Series, Mar. 18, 1995

Becker, J.L. Assessment and Treatment of Obsessive-Compulsive Disorder with Case Examples: A Cognitive Behavioral Perspective. Presentation at the Pasadena Area Psychological Association, Mar. 10, 1995.

Becker, J.L. Depression and Anxiety in the Chemically Addicted Client. Presentation at the 1<sup>st</sup> Annual National Rational Recovery Conference, Boston, MA, Sept. 18, 1993.

Becker, J.L. Psychological Factors in the Progression of HIV Disease. *Searchlight*, Winter, 1993, p. 13.

Becker, J.L. Cognitive Behavioral Treatment of Depression. Grand Rounds, Framingham-Union Hospital, Framingham, MA, June 6, 1990.

Becker, J.L. Cognitive Behavioral Couples Treatment. Full day workshop, Maine Psychological Association, Augusta, ME, May 4, 1990.

Becker, J.L. Leadership Styles in Behaviorally Oriented Groups. Invited workshop, American Group Psychotherapy Association, Annual Convention, Boston, MA. February 23, 1990.

Becker, J.L. Professional Issues. Column in *the Behavior Therapist*, Volume 13, No. 1, September, 1989.

Becker, J.L. Issues Facing Behavior Therapists in the '90's. Presentation at the Association for the Advancement of Behavior Therapy, 22<sup>nd</sup> Annual convention, November 18, 1988.

Becker, J.L. Gay and Lesbian Counseling Issues: Challenges to the Counseling Psychology Tradition. Paper presented at the meeting of the Division of Counseling Psychology, Northeast Region, April 16, 1988.

Becker, J.L. Treatment of Anxiety Disorders: Cognitive Behavioral and Pharmacological Therapies. Psychological Resource Institute of Southeastern Massachusetts, New Bedford, MA, January 19, 1988.

Becker, J.L. Problem Focused Cognitive Behavior Therapy Groups: A New Market. Chairperson for seminar on topic at Massachusetts Psychological Association Meeting, Newton, MA, November 23, 1985.

Becker, J.L. Cognitive Behavior Therapy: An Overview. Psychiatric Grand Rounds, Carney Hospital, Boston, MA, April 25, 1985.

Becker, J.L. Cognitive Behavior Theory and Treatment of Borderline Personality Disorder. Presentation at a conference sponsored by the South Shore Mental Health Center and Boston College Graduate school of Social Work, Boston, MA, June 15, 1984.

Becker, J.L. Experimental and Theoretical Bases of Behavior Therapy. Paper presented at the annual meeting of the Massachusetts Psychological Association, Worcester, MA, June 15, 1984.

Becker, J.L. Cognitive Behavioral Treatment of Depression: State of the Art. Six-hour workshop at the Massachusetts School of Professional Psychology, Continuing Education Series, Newton, MA, January 21, 1984.

Becker, J.L. Influencing Behavior in Pediatric Practice. Six-hour seminar at American Academy of Pediatrics Annual Meeting, New York, NY, October 23, 1982

Becker, J.L. Behavioral Understanding of Borderline Personality Disorder. Presentation to South Shore Mental Health Center, Quincy, MA, June, 1982

Barry, J.R., Becker, J.L., and Sonenshine, W.J. Variables associated with rehabilitation prognosis and type of crime. *Journal of Community Psychology*, October, 1974.

Becker, J.L. The Development of a Measure of "Responsible Being" or can we Quantify an Existential Personality Notion. Paper read at the Southeastern Psychological Association, May 4, 1974.