



# MANAS

*Speaks*

Volume 02

ISSUE

01

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Children's Mental Health Matters!

#ChildMentalHealth

## CHILDREN'S MENTAL HEALTH

Childhood Trauma

IVF Child

Giftedness

All about ADHD

Temper Tantrums

The Academy of  
Psychology



THE ONLY JOURNEY IS THE JOURNEY WITHIN

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# MANAS *Speaks*

A MONTHLY MAGAZINE

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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## Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

*Disclaimer: Information provided in this magazine is purely for research and education purpose only.*

## AARON TEMKIN BECK

(18 JULY 1921 – 01 NOV 2021)

FATHER OF COGNITIVE BEHAVIOUR THERAPY



**Aa**ron T. Beck, MD, was globally recognized as the father of Cognitive Behavior Therapy (CBT) and one of the world's leading researchers in psychopathology. He was credited with shaping the face of American psychiatry,

and *The American Psychologist* has called him “one of the five most influential psychotherapists of all time.” He was an Emeritus Professor of Psychiatry at the University of Pennsylvania and served as Beck Institute's President Emeritus.

Dr. Beck was born on July 18th, 1921 in Providence, Rhode Island. He graduated from Brown University in 1942 and Yale Medical School in 1946. After training as a psychoanalyst, he became interested in the psychoanalytic construct of depression and eventually developed Cognitive Therapy while working as a psychiatrist at the University of Pennsylvania. Since then, over 2,000 studies have found CBT to be an effective treatment for many mental health challenges and medical problems with psychological components.

Dr. Beck's earliest research sought to validate psychoanalytic constructs. However, his initial studies with depressed patients led him to develop a new theory of depression, one focused on underlying negative beliefs associated with loss and failure, rather than the psychoanalytic theory that depressed patients have an innate need to suffer. Dr. Beck's patients expressed spontaneous, negative thoughts, which he eventually termed “automatic thoughts.” Adopting a collaborative role with his patients, Dr. Beck examined their automatic thoughts and cognitive distortions. He found that his patients' thoughts about a situation dictated their reactions more than the situation itself, a construct he termed the “cognitive model.”

The results of the first major clinical trial comparing CBT to antidepressant medication were published in 1977, showing CBT to be the first talking therapy to be more effective than medication for the treatment of depression. After a second clinical trial in the UK replicated the results, Cognitive Behavior Therapy received international recognition and interest.

Dr. Beck began to research and apply CBT to other disorders, making clinical observations, identifying maladaptive beliefs associated with the disorders, and developing treatment plans to target them. CBT has been successfully applied to anxiety disorders, substance use, personality disorders, eating disorders, psychosis, and other psychiatric diagnoses. Dr. Beck's most recent research focused on the development of Recovery-Oriented Cognitive Therapy (CT-R), a new psychotherapeutic modality based on the cognitive model that provides concrete, actionable steps to promote recovery and resilience. Dr. Beck authored and co-authored 25 books and published over 600 articles in his lifetime. (Source Beckinstitute.org)