Abstract

As a doctoral candidate in the Clinical Psychology Program, I have learned that one treatment approach stands apart as having the largest research and evidence base for being effective at relieving distress associated with numerous mental health problems: cognitive behavior therapy (CBT). Based on the cognitive theory that our interpretations of situations influence how we feel and behave, CBT has informed not only my course and clinical work, but also my developing doctoral research. Given the significant impact this approach has had on my training, it was an overwhelming honor to attend the Beck Institute for CBT Sixth Annual Graduate Student Workshop. Named after Dr. Aaron T. Beck who developed CBT during the 1960’s, the Beck Institute is internationally considered the leading site for CBT resources, training, and research. Stretching over August 3-5, 2015, the three-day Graduate Student Workshop provided me with the opportunity to be trained by leading psychologists, including the founder of the CBT approach. This once in a lifetime opportunity was not only professionally and academically valuable, but has significantly impacted my ability to disseminate this treatment approach to my colleagues, my clients, and my community.

Attending the Graduate Student Workshop provided me the opportunity for intensive and experiential training of CBT methods and theory. However, I also experienced the unexpected opportunity to further refine my doctoral research area using input from Dr. Beck himself. Due to being selected as a Beck Institute Student Scholarship recipient, I was given the additional privilege of meeting with Dr. Beck in a group of ten students. In this setting, I was able to describe the CBT foundation my research is built on and the theory I am proposing may be driving the unhealthy behavior of binge eating. As I explained my hypothesis that targeting one’s perception of control will significantly impact feelings and behaviors associated with binge
eating, Dr. Beck became increasingly curious, asking questions I had not yet considered. It is
difficult to describe what it was like to learn from such a seminal figure in the psychology field.
In my eyes, this experience was analogous to a young naturalist learning from Darwin, or a
budding composer being taught by Mozart. This opportunity is one that will significantly impact
my practice and research for years to come.

Perhaps the most important role of this workshop is providing the knowledge and
resources necessary to further disseminate CBT to both my peers and clients. Later this
academic year I will be giving a departmental presentation of the key techniques I was taught
during this conference, sharing this knowledge with both psychology students and faculty alike.
Additionally, as previously stated, research suggests the CBT is the most effective treatment
approach to relieve distress from numerous psychological disorders (e.g., depression, generalized
anxiety disorder). Therefore, it is with renewed confidence that I am utilizing my field’s best
treatment techniques with clients both on and off of the University of Maine campus. I currently
practice at the Psychological Services Center at UMaine, which serves a wide range of
community members seeking psychological services across the state. However, I also practice at
a local health care clinic serving homeless individuals in the greater Bangor region. Although
mental health presentations at these two locations vary, a greater knowledge and skill level with
CBT’s treatment techniques has proven valuable across these clinical settings. Additionally, as a
life-long Maine resident, I am familiar with the constraints of seeking and receiving services in a
rural area. CBT’s present- and problem-focused approach is well suited for future dissemination
tools such as telemedicine in order to enable providers to reach our large state’s further corners.
This training has allowed me to gain expertise in CBT so that one day, I can be in a position to
help serve the mental health needs of Maine’s rural communities.
## Itemized Budget

<table>
<thead>
<tr>
<th>Item #</th>
<th>Description of Item</th>
<th>Source (Company)</th>
<th>Quantity</th>
<th>Individual Cost</th>
<th>Total Cost (Quantity x Ind. Cost)</th>
<th>Amounts Requested</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hotel</td>
<td>Crowne Plaza Philadelphia West (workshop hotel with special student pricing for those attending the Beck Institute Workshop; <a href="http://www.cpphilawest.com/">http://www.cpphilawest.com/</a>)</td>
<td>3 nights</td>
<td>$129/night</td>
<td>$447.00 (including taxes and fees)</td>
<td>$447.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hilton Philadelphia City Ave (alternative lodging within walking distance of workshop hotel; expedia.com)</td>
<td>3 nights</td>
<td>$159/night</td>
<td>$537.00 (including taxes and fees)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roosevelt Inn (closest alternative economical lodging; expedia.com)</td>
<td>3 nights</td>
<td>$79/night</td>
<td>$297.00* (including taxes and fees)</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
<td>Airfare/Transport to Location</td>
<td>Bangor, ME to Philadelphia, PA (usairways.com)</td>
<td>1 round trip</td>
<td>$484</td>
<td>$484.00</td>
<td>$330.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boston, MA to Philadelphia, PA (kayak.com)</td>
<td>1 round trip</td>
<td>$258</td>
<td>$258.00</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cost of bus transportation to and from Boston, MA (concordcoachlines.com)</td>
<td>Round trip</td>
<td>$72</td>
<td>$72.00</td>
<td>-</td>
</tr>
<tr>
<td>3</td>
<td>Local Transport</td>
<td>Taxi service from hotel to airport</td>
<td>1 trip</td>
<td>$65</td>
<td>$32.50 (total divided by 2 people)</td>
<td>$32.50</td>
</tr>
<tr>
<td>4</td>
<td>Meals</td>
<td>Grad Student Gov.</td>
<td>3 days</td>
<td>$46/day</td>
<td>$138.00</td>
<td>$40.50</td>
</tr>
<tr>
<td>5</td>
<td>Conference Fee</td>
<td>Graduate student registration fee</td>
<td>1</td>
<td>$650</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>$1,101.50</strong></td>
<td><strong>$850.00</strong></td>
</tr>
</tbody>
</table>

* Daily round trip taxi expense was estimated at $72.56/day (totaling $217.68/3-day workshop; taxifarefinder.com). Economy car rental prices (expedia.com) started at $194.00 without taxes. Due to these transportation costs, this option would be an additional $67.68 or $44.00 (taxi and car rental, respectively) over the student lodging rate at the workshop hotel.
Budget Explanation

I am requesting $850 from the Graduate Student Government (GSG) to assist in covering the cost of attending the Beck Institute for Cognitive Behavior Therapy 2015 Annual Graduate Student Workshop. All funds will be used exclusively to cover the expenses I incurred while attending this training. In addition to seeking GSG assistance, in February I applied for the Beck Institute Student Scholarship Competition and was selected from more than 800 applicants to receive full tuition to attend this event, waving registration costs.

Research was done to minimize the cost of attending this workshop. Travel options were explored using various online tools (e.g., Kayak.com) to make comparisons between different airfare and lodging rates to determine the best value. Additionally, local transportation costs were minimized by calling on area family (e.g., transfer from the airport provided by a local cousin) and sharing expenses with fellow workshop attendees (e.g., taxi to the airport). Final costs incurred are presented from receipt totals, which are inclusive of taxes and fees.

1. **Hotel:** The most economical lodging option was to stay at the Crowne Plaza Philadelphia West. As the workshop location, special discounted student rates were available. However, to determine the comparison value to alternative area lodging, additional options were explored. Only one property was within walking distance of the workshop (Hilton Philadelphia City Avenue, .5 miles), but was nearly $100 more over the three-night stay. The closest economical option quickly became more expensive than the conference hotel once taxi and rental car services were estimated (Roosevelt Inn, 10 miles). Therefore, the workshop hotel was chosen as the most economical option due to student rates and eliminating the need for transportation to and from the hotel.
2. **Airfare/Transportation to Location:** The greatest cost savings approach to reaching the conference would have been to take the Concord Coach Lines to Boston, MA then flying from Boston, MA to Philadelphia, PA. However, due to scheduling conflicts, it was necessary to fly in and out of Bangor, ME. Therefore, I am only requesting the flight/transportation amount that would have been accrued using the lower priced Boston, MA option.

3. **Local Transport:** Local transportation costs were minimized by requesting area family to provide airport pickup, and sharing taxi costs with fellow workshop attendees.

4. **Meals:** A total of $40.50 is being requested of a possible $138 for three meals/day over the three-day conference. I will pay for the remaining costs as my total request exceeds $850.

5. **Conference Fees:** Student rates for the Beck Institute for CBT Annual Workshop are $650. However, this fee was waived due to my participation and selection as a Beck Institute Student Scholarship recipient. I am therefore requesting $0 in reimbursement for this cost.