

American Psychological Association

**108th Convention
Washington DC, August 4-8, 2000**



Photo by Fenichel: Aaron Beck, Albert Ellis

3309 New Concepts in Practice: On Therapy-- A Dialogue with Aaron T. Beck and Albert Ellis

Now *here* was a historic dialogue between two legends in the field of cognitive therapy. Below is the report which was filed "asynchronously live" from the APA's Convention 2000, to the CurrentTopics list-serv.

ASYNCHRONOUSLY LIVE FROM APA 2000

Here are a few highlights from Sunday's APA offerings at the Y2k Convention here in Washington. (8-6-2000) This is a bit lengthy and a bit technical, oriented primarily towards mental health professionals and/or graduate students.....

Two great events on Sunday really illuminated some aspects of personality theory and cognitive therapy for depression and anxiety. In the morning, Aaron Beck, perhaps the "father of cognitive therapy", gave a talk on "Cognitive Therapy at the Cutting Edge", and in the afternoon he was joined for debate and discussion by fellow pioneer Albert Ellis of RET/REBT fame (Rational-emotive-behavior therapy).

Dr. Beck (an MD, who actually calls himself "Tim"), described how when he started out doing research into