Oct. 22, 2013

Professor’s book promotes therapeutic self-awareness

Sacramento State Social Work Professor Andrew Bein is a dedicated teacher, which helps explain why his students, for the past two decades, have routinely praised him for being helpful and compassionate.

The licensed therapist has a natural rapport with people of all ages. That’s why he has been so effective for 30 years treating individuals who have a variety of psychological afflictions and substance abuse issues. He believes in the efficacy of dialectical behavior therapy (DBT) because it has helped his clients cope with their personal demons.


He has distilled the cognitive theory pioneered by American psychologist and author Marsha Linehan into a practical treatment program that has produced positive outcomes for his clients. DBT blends Western psychology with Eastern spiritual traditions to spur a self-healing process. His book includes empirically supported exercises with an emphasis on collaboration and client empowerment using a recovery-oriented model for treatment.

Psychiatry Professor Larry Davidson of Yale University School of Medicine says Bein’s book “courageously challenges some of the core assumptions upon which traditional psychotherapeutic practice has been based in order to engage clients in a more collaborative relationship that enables them to assume an active, and central, role in their own recovery."

Professor Mike Slade, a clinical psychologist at the Institute of Psychiatry, King's College, University of London, hails Bein’s “practical and experience-based approach, which will equip practitioners with skills to help their clients engage in treatment and find their own answers to vital questions related to their personal recovery."

Bein’s clinical successes have prompted Turning Point, a private nonprofit community agency that provides psychiatric services and support for people working to overcome the effects of mental illness, to enlist his help. Beginning in late October, he
will, over three months, train Turning Point’s clinicians to use DBT in treating their clients.

Bein will be signing books from 5:30 to 7:30 p.m. Friday, Oct. 25, at Met High School, 810 V St., Sacramento.

On Saturday, Nov. 9, he will present a daylong, community-wide training as a benefit for the Sacramento Gender Health Center. Check www.andrewbein.org for further information on his book and public appearances.

For media assistance, contact Sacramento State’s Public Affairs office at (916) 278-6156.  – Alan Miller

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