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The British Association for Behavioural Psychotherapy was founded in 1972. It is a multidisciplinary organisation and full membership is restricted to members of the helping professions – psychiatrists, psychologists, social workers, nurses, probation officers, teachers, etc.

Objects of the Association

- (a) To promote the advancement of the theory and practice of behavioural psychotherapy, in particular the application of experimental methodology and learning techniques to the assessment and modification of maladaptive behaviour in a wide variety of settings.
- (b) To provide a forum for discussion of matters relevant to behavioural psychotherapy.
- (c) To disseminate information about and provide training for behavioural psychotherapy, by organising conferences, courses, and workshops or by any other means.
- (d) To print, publish and circulate newsletters, reports and other publications containing articles, information and news relating to behavioural psychotherapy.
- (e) To make representation to, and to establish and maintain liaison with, public and professional bodies.
- (f) To foster and promote research into behavioural psychotherapy, and related matters.
- (g) To establish and organise, regional or specialist branches in order to promote the objects of the Association and to provide a service to members.
- (h) To encourage and assist in training in behavioural psychotherapy.
- (i) To study matters of concern to behaviour therapists and to take such action as is consistent with the objects of the Association and in the public interest.

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Radical Behaviourist v Cognitive Psychology: A Pseudo-Quarrel?

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Data on the results of cognitive therapies and theoretical models to explain them are proliferating. Yet from the current state of the evidence it is clear that we have as yet been furnished far more richly with questions than answers. Watts (1977) has indicated some of the issues remaining. What relationship has cognitive behaviour therapy to cognitive psychology as a whole? What kind of cognitive processes is it concerned with? How should these be formulated and investigated? Can covert stimuli and behaviours be equated with overt, both functionally and formally? How far must the individual be aware of (able explicitly to discriminate and describe) covert processes? What is the use of imaginal stimuli in cognitive behaviour therapy? What kind of changes take place during it? The achievement of answers to these and related questions is more than likely to have been hindered than helped by the vituperative nature of the arguments raging between the radical behaviourist and cognitive fields.

Historically, the origins of behaviourism may be seen as a flight from the subject-matter (the contents of conscious experience) and methodology (introspection) of 19th century structuralist psychology. Thus whereas William James (1890) could confidently state 'psychology is the description and explanation of states of consciousness as such', Watson (1924), asserted that 'consciousness is neither a definite nor a usable concept', and described the results of the introspective method as follows: 'we find as many analyses as there are individual psychologists. There is no way of experimentally attacking and solving psychological problems and standardising methods'. Watson, adopting