# –Behavioural– Psychotherapy

Volume 18, Number 4

October 1990

## JOURNAL OF THE BRITISH ASSOCIATION FOR BEHAVIOURAL PSYCHOTHERAPY



London San Diego New York Boston Sydney Tokyo Toronto

https://doi.org/10.1017/S0141347300010326 Published 🛛 🔂 🖓 🖓 🕇 🖧 🏹 🖉 ersity Press

### Behavioural Psychotherapy

EDITOR Paul M. Salkovskis

#### ASSOCIATE EDITORS

Ian Falloon (Buckingham, U.K.) Eileen Gambrill (Berkeley, Calif. U.S.A.) Kurt Hahlweg (Munich, West Germany) Peter Higson (Denbigh, U.K.) Roger McAuley (Belfast, U.K.) Lars-Goran Öst (Uppsala, Sweden) Janet Carr

#### CONSULTING EDITORS

Ray Hodgson (Cardiff, U.K.) A. Desmond Poole (Belfast, Northern Ireland) G. Terence Wilson (Ratgers, NJ., U.S.A.) William Yule (London, U.K.)

MANAGING EDITOR Chris Brannigan (Birmingham, U.K.)

BOOK REVIEW EDITORS Brendan Bradley (London, U.K.) Sue Spence (Sydney, Australia)

#### EDITORIAL ADVISORY BOARD

Kelly Brownell (U.S.A.), Robert Collins (U.S.A.). Joe Connolly (U.K.). Edward Craighead (U.S.A.). Paul Emmelkamp (Netherlands), K. Gunnar Gotestam (Norway). Iver Hand (West Germany). David Horne (Australia), Barbara Hudson (U.K.). Derek Jehu (U.K.). Philip Kendall (U.S.A.). Neville King (Australia), Yves Lamontagne (Canada), Peter Lindsey (U.K.), Isaac Marks (U.K.). Bill Marshall (Canada), John Marzillier (U.K.), Andrew Mathews (U.S.A.). Jim Orford (U.K.). Jack Rachman (Canada), Howard Rankin (U.S.A.). Sten Ronnberg (Sweden). Bob Sanson-Fisher (Australia). Gudrun Sartory (West Germany), Tim Stockwell (Australia).

Papers should be submitted, in accordance with the Instructions to Authors on the inside back cover, to the Editors at the Editorial Address. Books, etc. for review should be sent to Max Birchwood or Susan Robinson, Department of Clinical Psychology, All Saints Hospital, Lodge Road, Birmingham B18 5SD, U.K. All other correspondence concerning the journal to: Academic Press Inc. (London) Ltd, 24–28 Oval Road, London NW1 7DX. Enquiries concerning membership of the British Association of Behavioural Psychotherapy should be addressed to Howard Lomas, Membership Secretary B.A.B.P., Craig House, Bank Street, Bury, Lancs, BL9 0BA.

BEHAVIOURAL PSYCHOTHERAPY ISSN 0141-3473. Volume 18, 1990, published quarterly by Academic Press at 24-28 Oval Road, London NW1 7DX, U.K. Annual subscription price including postage: £51 U.K. and U.S. \$99 overseas. Subscription orders should be sent to Academic Press Limited, Foots Cray, Sidcup, Kent DA14 5HP, U.K. (Tel: 01-300-3322). Send notices of changes of address to the publisher at least 6-8 weeks in advance, including both old and new address. Second-class postage paid at Jamaica, NY 11431, U.S.A. Ait freight and mailing in the U.S.A. by Publications Expediting Inc., 200 Meacham Avenue, Elmont, New York 11003. U.S.A. Postmasters: Send address to BEHAVIOURAL PSYCHOTHERAPY, c/o Publications Expediting

U.S.A. Postmasters: Send address changes to BEHAVIOURAL PSYCHOTHERAPY, c/o Publications Expediting Inc.

© 1990 British Association For Behavioural Psychotherapy. The appearance of the code at the bottom of the first page of a paper in this journal indicates the copyright owner's consent that copies of the paper may be made for personal or internal use, or for the personal or internal use of specific clients in the U.S.A. This consent is given on the condition within the U.S.A. that the copier pay the stated per-copy fee through the Copyright Clearance Center, Inc., 21 Congress Street, Salem, MA 01970, U.S.A. for copying beyond that permitted by Sections 107 or 108 of the U.S. Copyright Law. This consent does not extend to other kinds of copying, such as copying for general distribution, for advertising or promotional purposes, for creating new collective works for resale or for copying or distributing copies https://doi.org/10.S047/50141347300010326 Published online by Cambridge University Press

#### EDITORIAL ADDRESS

Behavioural Psychotherapy Department of Psychiatry University of Oxford Warneford Hospital Oxford OX3 7JX U.K.

#### AN INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR THE HELPING PROFESSIONS