

Behavioural Psychotherapy

Behavioural Psychotherapy is an international multidisciplinary journal for the publication of original research, of an experimental and clinical nature, which contributes to the theory, practice and evaluation of behaviour therapy. As such the scope of the journal is very broad and articles relevant to most areas of human behaviour and human experience, which would be of interest to members of the helping and teaching professions, will be considered for publication.

While the emphasis is placed on empirical research, articles concerned with theoretical and methodological issues as well as evaluative reviews of the behavioural literature are also published. In addition, given the emphasis of behaviour therapy on the experimental investigation of the single case, the Clinical Section of the Journal, publishes case studies where, although the interventions have not been experimentally evaluated, the treatment approach and/or problem dealt with is considered of particular interest. Correspondence, relating to articles published in *Behavioural Psychotherapy*, is also invited.

As an applied science the concepts, methodology and techniques of behavioural psychotherapy continue to change. The journal seeks both to reflect and to influence these changes.

The following types of articles are suitable for *Behavioural Psychotherapy*:

Reports of original research employing experimental or correlational methods and using within or between subject designs.

Review or discussion articles having theoretical, conceptual or applied implications.

Brief Reports and Case Studies employing innovative techniques and/or approaches.

British Association of Behavioural Psychotherapy (B.A.B.P.)

B.A.B.P. was founded in 1972, and the journal, *Behavioural Psychotherapy*, has grown naturally out of the Associations' Bulletin. The journal now has a worldwide circulation and is read by a large cross-section of the helping professions.

B.A.B.P. itself is a multi-disciplinary organization and full membership is open to members of the helping professions – psychologists, psychiatrists, social workers, nurses, teachers, etc. The objects of the Association are to promote the advancement of the theory and practice of behavioural psychotherapy, to provide a forum for discussion, to disseminate information, to liaise with public and professional bodies, to promote research and to assist in training.

B.A.B.P. Membership Secretary: Howard Lomas, Craig House, Bank Street, Bury, Lancs BL9 0AB.



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BEHAVIOURAL PSYCHOTHERAPY IN PRIMARY HEALTH CARE

Dr T. Carnwath and Dr J.D. Miller

November 1986, 416pp., \$70.00/£39.00 (UK only), ISBN: 0.12.160230.3

This book is intended for use as a manual by those wishing to practise behavioural psychotherapy in primary health care. No other book details practically tested procedures for managing all the commonly met psychological problems in primary care, and none approaches the matter from a behavioural point of view. This book can be used as a teaching manual for students in all professions involved in primary care, including general practitioners, social workers, community psychiatric nurses, psychologists and psychiatrists.

CONTENTS: Section 1. *The Problem. Behavioural Analysis. Problem-Solving. Working with Families. Skills Training. Relaxation. Exposure. Stimulus and Reinforcement Control. Symptom Prescription and Interference. Cognitive Therapy.* Section 2. *Depression. Assessment of Depression. Phobias and Obsessive Disorders. Anxiety. Sexual Dysfunction. Behavioural Medicine. Illness Behaviour and Treatment Adherence. Obesity. Alcohol Abuse. Controlled Drinking or Abstinence. Smoking. Insomnia. Appendices. References. Index.*

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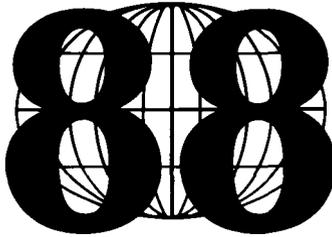


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