


BEHAVIOURAL  
AND COGNITIVE  
PSYCHOTHERAPY



*Volume 21*  
*Number 3*

*1993*

**BABCP**

Journal of the British  
Association for Behavioural  
and Cognitive Psychotherapies

# BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPY

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

**EDITOR**

Paul M Salkovskis  
*Behavioural and Cognitive Psychotherapy*  
*Department of Psychiatry*  
*University of Oxford*  
*Warneford Hospital*  
*Oxford OX3 7JX, UK*

**ASSOCIATE EDITORS**

Chris Brannigan (*Birmingham, UK*)  
Janet Carr (*London, UK*)  
Eileen Gambrell (*Berkeley, California, USA*)  
Kurt Hahlweg (*Munich, Germany*)  
Peter Higson (*Denbigh, UK*)  
Roger McAuley (*Belfast, UK*)  
Lars-Göran Öst (*Uppsala, Sweden*)  
Nick Tarrier (*Manchester, UK*)

**BOOK REVIEW EDITORS**

Max Birchwood (*Birmingham, UK*)  
Susan Robinson (*Birmingham, UK*)

**EDITORIAL ADVISORY BOARD**

Nada Anić (*Croatia*), Eiríkur Örn Arnarson (*Iceland*), Kelly Brownell (*USA*),  
Isobel Caro (*Spain*), Jean Cottraux (*France*), Edward Craighead (*USA*), Paul Eelen (*Belgium*),  
Paul Emmelkamp (*Netherlands*), K Gunnar Gotestam (*Norway*), Jeffrey Gray (*UK*),  
Iver Hand (*Germany*), Ray Hodgson (*UK*), David Horne (*Australia*), Neil Jacobsen (*USA*),  
Derek Jehu (*UK*), Philip Kendall (*USA*), Maria Kopp (*Hungary*), Isaac Marks (*UK*),  
Andrew Mathews (*USA*), Jim Orford (*UK*), A Desmond Poole (*UK*), Jack Rachman (*Canada*),  
Sten Ronnberg (*Sweden*), Enzio Sanavio (*Italy*), Gudrun Sartory (*Germany*), Fraser Watts (*UK*),  
Hans-Ulrich Wittchen (*Germany*), G Terry Wilson (*USA*), William Yule (*UK*).

Papers should be submitted, in accordance with the Instructions to Authors on the inside back cover, to the Editor 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, UK. All other correspondence concerning the journal to: Wisepress Ltd, The Old Church Hall, 89a Quicks Road, Wimbledon, London SW19 1EX. Correspondence concerning membership of the British Association for Behavioural and Cognitive Psychotherapies should be addressed to: BABCP, The Old Church Hall, 89a Quicks Road, Wimbledon, London SW19 1EX

BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPY ISSN 0141-3473. Volume 21, 1993, published quarterly by Wisepress Ltd at The Old Church Hall, 89a Quicks Road, Wimbledon, London SW19 1EX. Annual subscription price including postage: £60.00 Europe and US\$110.00 elsewhere. Subscription orders should be sent to Wisepress Ltd (Tel: 081-715 1812 Fax: 081-715 1727). Send notices of changes of address to the publisher at least 6-8 weeks in advance, including both old and new address.

© 1993 *British Association for Behavioural and Cognitive Psychotherapies*

Copyright reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of the copyright owner.