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# Behavioural Psychotherapy

AN INTERNATIONAL  
MULTIDISCIPLINARY  
JOURNAL FOR  
THE HELPING PROFESSIONS

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# Behavioural Psychotherapy

The journal, *Behavioural Psychotherapy*, has grown naturally out of the Bulletin of the British Association for Behavioural Psychotherapy (B.A.B.P.) and is now read by a large cross-section of the helping professions, including psychologists, psychiatrists, nurses, teachers, social workers, counsellors and general practitioners. Our Editorial Advisory Board represents this wide spread and we hope that we can continue to attract articles having some relevance to all of these groups.

The scope of the journal is very broad. We will consider articles relevant to most areas of human behaviour and human experience which would be of interest to members of the helping and teaching professions. Typical areas covered by the journal are:

- \* Cognitive-behavioural approaches to therapy
- \* Experimental testing and methodology
- \* Behavioural assessment
- \* Psychological theory
- \* Application of concepts derived from experimental and social psychology
- \* Self-help and self-control
- \* Biofeedback and behavioural medicine
- \* Behavioural psychotherapy with children
- \* Prevention
- \* Theoretical and philosophical considerations.

Behavioural psychotherapy is an applied science, so we must expect that the concepts, methodology and techniques will change rapidly in the future. The journal will try to reflect and influence these changes.

## About B. A. B. P.

The British Association for Behavioural Psychotherapy was founded in 1972. It is a multi-disciplinary organization and full membership is open to members of the helping professions – psychologists, psychiatrists, social workers, nurses, probation officers, 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.

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