

# the Cognitive Behaviour Therapist

Editor (s):

Mark H Freeston, Newcastle University and Newcastle Cognitive and Behaviour Therapies Centre, UK and Michael Townend, University of Derby and Unit for Psychotherapeutic Practice and Research, UK.

Associate Editor (s):

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Vivien Hunot, Health Service and Population Research Dept  
Institute of Psychiatry, King's College London  
Claire Lomax, Department of Psychology, Institute of Psychiatry, King's College London

## Aims and Scope

*the Cognitive Behaviour Therapist* is an interdisciplinary peer reviewed journal aimed primarily at cognitive and behavioural practitioners in the helping and teaching professions. Published quarterly, the journal features articles covering clinical and professional issues, which contribute to the theory, practice and evolution of the cognitive and behavioural therapies. The journal will publish papers that describe new developments; articles that are practice focussed and detail clinical interventions, research reports concerning the practice of cognitive behaviour therapy, detailed case reports, audits that are relevant to practice, and reviews of clinical scales and other assessment methods. The journal will also publish articles that have an education, training or supervision focus. It will also include reviews of recently published literature that is directly relevant to practitioners. A particular feature of the journal is that its electronic nature is designed to ensure timeliness of publication and professional debate whilst also ensuring rigorous standards in the dissemination of high quality materials with relevance to the practice of the cognitive and behaviour therapies.

## Editorial Governance

*the Cognitive Behaviour Therapist* encompasses most areas of human behaviour and experience, and represents many different research methods, from quantitative to qualitative research, how to do clinical interventions to detailed case studies. Under the guidance of its editorial board *the Cognitive Behaviour Therapist* aims to reflect and influence the continuing changes in the concepts, methodology, and techniques within the cognitive and behaviour therapies.

## **Policy on the standards of the peer review process**

All articles submitted will be peer reviewed by at least two reviewers. It is the editorial teams' policy to ensure as far as possible that feedback to people who submit papers is timely, respectful and constructive.

## **BABCP**

*the Cognitive Behaviour Therapist* is published for the British Association for Behavioural and Cognitive Psychotherapies and is the Sister Journal to Behavioural and Cognitive Psychotherapy

## **Editorial Statement – scope of journal content**

The Editors welcome authoritative contributions from people working, or otherwise involved, in the practice, research, education, training and supervision in the cognitive and behaviour therapies. Articles must be original and focused upon cognitive and/or behaviour therapy. All articles must include at the end of the paper a set of 3-5 learning objectives that will be achieved through reading the paper. At the end of each paper a summary of the main points from the paper must be included with suggestions for follow-up reading. This stipulation is in keeping with the practitioner and professional development aims of the journal.

The journal also welcomes additional or stand alone multimedia materials that support, enhance or illustrate specific aspects of CBT or Education the submitted papers such as video or audio, power point presentations or transcripts of therapy sessions.

### ***Papers required include:***

All submitted articles should normally be between 3000-4000 words (including references, tables and figures).

## **Practice Articles**

The practice of the cognitive and behaviour therapies is based upon empirically grounded interventions. This section will explore this area by the publication of articles that describe cognitive and behavioural interventions and the research evidence that underpins them or innovative interventions based on cognitive behavioural models. For new areas of application of CBT, articles providing an overview of CBT treatment issues could be considered, whereas in well established areas, a more detailed approach to one or two specific aspects of therapy may be appropriate.

## **Reviews**

Reviews of historical, contemporary, or innovative approaches to practice are also sought providing that they demonstrate relevance to the practice of the current of the cognitive and behavioural psychotherapies. Prospective authors for review papers should initially discuss their proposals with one of the editors.

## **Case Studies**

Dissemination of effective practice will be promoted through the publication of case studies that involves cognitive and behavioural psychotherapy with individuals, couples, groups and families. The practice based format is prescribed in order to allow other therapists to replicate successful therapy in their own practices. Articles will normally conform to the following structure:

1. Abstract
2. Theoretical and research basis for therapy
3. Case summary and main presenting problem
4. History
5. Case Assessment
6. Therapist details and supervisory arrangements
7. Formulation
8. Course of therapy and assessment of progress
9. Complications or innovations in therapy
10. Case management considerations
11. Follow-up
12. Therapy implications of the case
13. Recommendations to therapists
14. References

## **Original Research**

Research evidence is at the heart of the practice of the cognitive and behavioural psychotherapists. Original research will be published that is about and is directly relevant to the practice of the cognitive and behaviour therapies, such as the therapeutic relationship, therapeutic process and the evaluation of therapeutic strategies and techniques. It is expected that such reports meet both the necessary standards of scientific rigour and the journal's requirement of clear implications for the practice of the cognitive and behavioural therapies. Consequently, the description of the research and the presentation of results should be sufficiently brief to enable sufficient discussion of the practice implications. Consideration will be given to quantitative, qualitative and mixed approaches given appropriate fit between the question, methodology and methods of research chosen.

## **Education and Supervision**

The dissemination of effective cognitive and behaviour therapy through evidence based education and supervision strategies is important to ensure that service users receive proficient therapy and therapists remain up to date. This section will explore educational models, evaluations of innovative education strategies and approaches to the supervision of practice within the cognitive and behavioural psychotherapies.

## **Service Models and Forms of Delivery**

The service model is the framework that exists to support the therapist with the delivery of either cognitive and behaviour therapies and services. This section will explore all aspects of the theory and application of service models and the delivery of

therapy. Successes and failures have equal part to play in examining the practical application and the role of evidence within the provision of effective cognitive and behavioural interventions within a service context. Papers are invited which explore the structure of teams, processes adopted, the methods and designs involved. Papers that examine the outcomes of audits and their recommendations will also be considered.

### **Reviews of Assessment Tools and Methods**

Reviews of clinical scales and other assessment methods will also be considered. These reviews should provide the practitioner with a review of a scale's or other tool's purpose and properties, sufficient information to know how and when to use it, and how to interpret the results and make use of them.

### **Submission of a manuscript**

Papers should be submitted online at <http://mc.manuscriptcentral.com/cbt>

### **Style Guide**

a. *Title page.* The title should phrase concisely the major issues. Author(s) to be given with departmental affiliations and addresses, grouped appropriately. A running head of no more than 40 characters should be indicated.

b. *Abstract.* The abstract should include up to six key words that could be used to describe the article. This should summarize the article in no more than 200 words, references should not to be included in the abstract.

c. All articles must include at the end of the paper a set of 3-5 learning objectives that will be achieved through reading the paper. At the end of each paper a summary of the main points from the paper must be included with suggestions for follow-up reading. This stipulation is in keeping with the practitioner and professional development aims of the journal.

d. *Text.* This should begin with an introduction, succinctly introducing the point of the paper to those interested in the general area of the journal. *Attention should be paid to the Editorial Statement.* References within the text should be given in the form of (Jones & Smith, 1973). When there are three or more authors the first citation should be given as Williams *et al.* (1973). The appropriate positions of tables and figures should be indicated in the text. Footnotes should be avoided where possible.

e. *References should be in the Vancouver-type style.* All citations in the text should be listed in strict alphabetical order according to surnames. Multiple references to the same author should be listed using *a, b, etc.*, for entries within the same year. Formats for journal articles, books and chapters should follow these examples:

Note: Authors are encouraged to include digital object identifiers (dois) in their citation listings, as follows.

**Kaltenthaler E, Parry, G, Beverley C** (2004). Computerised cognitive behaviour therapy: a systematic review. *Behavioural and Cognitive Psychotherapy* **32**, 31–55.

**Tharp RG, Wetzel RJ** (1969). *Behaviour Modification in the Natural Environment*, New York: Academic Press.

**Roskies E, Lazarus RS** (1980). Coping theory and the teaching of coping skills. In: *Changing Health Lifestyles* (ed. P.O. Davidson & S.M. Davidson), pp. 27-34. New York: Brunner/Mazel.

f. *Tables*. Tables should be numbered and given explanatory titles.

g. *Figure captions*. Numbered captions should be typed on a separate page.

h. *Figures*:

#### Preferred formats

- tif
- eps
- jpeg (acceptable for photographs / halftones)

Please note that jpegs may not print well due to the compression process used which discards some data in the image. If you need to incorporate any text labels as part of the halftone then these will print jagged if the file is saved as a jpeg. Ideally you should import the halftone into illustration software for labeling and then save the file as an eps file. Gif formats are mainly suitable for online reproduction, and resolution is generally too low for print reproduction (only an issue when the article PDF is printed by a reader).

#### Resolution

All files must be a minimum of 300 dpi (dots per inch) for halftones, 600 dpi for combination figures and 1200 dpi for line art (black and white).

#### Colour

Colour files must be supplied as CMYK (not RGB) at a minimum resolution of 300 dpi. If an image is for a cover we may require a higher resolution. Note that the image size must be no smaller than the size at which it will appear in the journal.

Please do not submit your figures embedded into Word documents as the quality will be severely degraded.

If you require any further guidance on creating suitable electronic figures, please visit [http://dx.sheridan.com/guidelines/digital\\_art.html](http://dx.sheridan.com/guidelines/digital_art.html). Here you will find extensive guidelines on preparing electronic figures and also have access to an [online preflighting tool](#) where you can check if your figures are suitable for reproduction.

i. Declaration of interests should be included with all papers, if there are none this should be stated.

j. *Acknowledgements*. May include previous unpublished presentations (e.g. dissertation, meeting paper), financial support, scholarly or technical assistance etc.

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supplied to the author. Further reprints may be ordered at extra cost: the reprint order form will be sent with the proofs. The publishers will not put any limitation on the personal freedom of the author to use material contained in the paper in other works.

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