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Published for the British Association for Behavioural
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Behavioural and Cognitive Psychotherapy is an international multi-disciplinary journal aimed primarily at members of the helping and teaching professions. The journal features original research papers, covering both experimental and clinical work, that contribute to the theory, practice and evolution of cognitive and behaviour therapy. Under the guidance of an international editorial team, *Behavioural and Cognitive Psychotherapy* aims to reflect and influence the continuing changes in the concepts, methodology and techniques of behavioural and cognitive psychotherapy. A particular feature of the journal is its broad-ranging scope - both in terms of topics and types of study covered.

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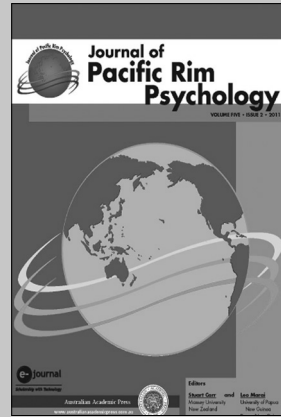
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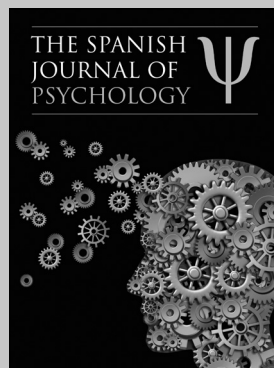
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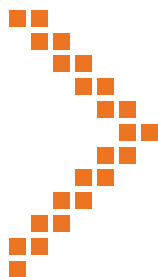
The theory was first propounded in 1970 (Larsen, 1971).

Larsen (1971) was the first to propound the theory.

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Contents

- CBT Guided Self-Help Compares Favourably to Gold Standard Therapist-Administered CBT and Shows Unique Benefits Over Traditional Treatment
Margaret Priemer, and France Talbot 227
- A Preliminary Study of Anxiety, Negative Affect, Experiential Avoidance, and Delaying of Aversive Events
Kristalyn Salters-Pedneault, and James W. Diller 241
- Using a Behavioural Family Intervention to Produce a Three-Generational Benefit on Family Outcomes: A Case Report
James N. Kirby, and Matthew R. Sanders 249
- Parent-Endorsed Reasons for Not Completing Homework in Group-Based Behavioural Parent Training for High-Risk Families of Youth With ADHD
Anil Chacko, Lindsay Anderson, Brian T. Wymbs, and Frances A. Wymbs 262
- Interpersonal Difficulties as an Underlying Mechanism in the Anxiety-Depression Association
Andres G. Viana, and Erin N. Stevens 273