

Editorial

One of the commonest trends in psychotherapy is for the formation of splinter and breakaway groups, usually following disagreements over matters of doctrine. In contrast to this, Cognitive and Behavioural Therapies have been getting along together very nicely in the BABCP, in the EABCT, and in this Journal. The main reason for this fusion is the application of common scientific standards; that is, the combination of a normalizing approach, working *with* the patient rather than “giving treatment”, and the emphasis on the scientist-practitioner approach. 1995 marks the next major step in the evolution of these closely-linked approaches. For the first time, the World Congress of Behaviour Therapy and the World Congress of Cognitive Therapy will be combining into a single Conference, to be held in Copenhagen, Denmark 10–15 July 1995. Both conferences have previously been held separately in Europe: many will remember Edinburgh in 1988 and Oxford in 1989 as outstanding events in all respects.

The Copenhagen Conference will provide BABCP members with the opportunity to attend a conference that already promises to repeat the best aspects of both previous World Congresses in a single event. Having seen the preliminary programme, it is clear that it includes a range of speakers and topics to more than satisfy any interests within the broad spectrum of behavioural and cognitive therapies. The scientific committees have gone to unprecedented lengths in systematic consultation on topics and speakers. This has not only ensured that the very best speakers were invited at the earliest stage, but also that programmed symposia include the best established topics and the most promising new developments. In the meantime, the response to the call for contributions has been successful in soliciting a remarkable set of submissions. The administrative arrangements for the congress have been in place for several years, leaving the Danish Association, co-ordinated by Irene Oestrich, to produce a social programme that promises to be one of the finest ever. In short, this is a conference not to be missed: the cognitive and behavioural conference of the millenium?

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