

# BEHAVIOURAL PSYCHOTHERAPY



*Volume 21*  
*Number 2*

1993

**BABP**

Journal of the  
British Association for  
Behavioural Psychotherapy

# BEHAVIOURAL PSYCHOTHERAPY

## AN INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR THE HELPING PROFESSIONS

### EDITOR

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

### ASSOCIATE EDITORS

Chris Brannigan (*Birmingham, UK*)  
Janet Carr (*London, UK*)  
Ian Falloon (*Buckingham, UK*)  
Eileen Gambrill (*Berkeley, California, USA*)  
Kurt Hahlweg (*Munich, Germany*)  
Peter Higson (*Denbigh, UK*)  
Roger McAuley (*Belfast, UK*)  
Lars-Göran Öst (*Uppsala, Sweden*)

### BOOK REVIEW EDITORS

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

### EDITORIAL ADVISORY BOARD

Nada Anić (*Yugoslavia*), Eiríkur Ótn 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, 59 Revelstoke Road, Wimbledon Park, London SW18 5NJ. Correspondence concerning membership of the British Association for Behavioural Psychotherapy should be addressed to: BABP, 59 Revelstoke Road, Wimbledon Park, London SW18 5NJ.

BEHAVIOURAL PSYCHOTHERAPY ISSN 0141-3473. Volume 20, 1992, published quarterly by Wisepress Ltd at 59 Revelstoke Road, Wimbledon Park, London SW18 5NJ. Annual subscription price including postage: 460.00 Europe and US\$110.00 elsewhere. Subscription orders should be sent to Wisepress Ltd (Tel: 081-947 8775 Fax: 081-879 3326). Send notices of changes of address to the publisher at least 6-8 weeks in advance, including both old and new address.

© 1992 *British Association for Behavioural Psychotherapy*

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.