

behaviours, this is not strictly true. The behaviour therapist often makes interpretative comments (Marmor, 1975), and the psychoanalyst certainly does not limit his activities to understanding his patient, and often makes direct suggestions about altering present-day behaviours, if he regards these as being mere repetitions of earlier maladaptive behaviour patterns. It is important to examine the actual practice of any particular form of therapy rather than to rely on the literature, because one often finds that there are large discrepancies between what the therapist claims to do and what he actually does in practice.

In an attempt to investigate connecting links between present-day phobic manifestations and underlying problems, a detailed case study was undertaken of a phobic shop steward (Kraft, 1975). During the course of his treatment, it could be shown that after each session of in vivo desensitization, in which the patient was taken on journeys through London when accompanied by his therapist, this had the effect of mobilising all sorts of very unpleasant memories from his childhood days. It has been my experience that in vivo desensitization always has this effect, and it is for this reason that I now combine behaviour therapy with psychoanalytically-oriented psychotherapy. First the patient is taken on a journey, and then we examine all the material which has been mobilised as a result of this treatment manoeuvre. This is in keeping with Wachtel's view that behaviour therapy is an excellent way of facilitating psychoanalytic exploration (Wachtel, 1975). I hope that a time will come when patients will be given the opportunity of receiving the benefits of both psychoanalytic psychotherapy as well as behaviour therapy, either given concurrently by two different therapists (Segraves and Smith, 1976), or preferably by the same therapist.

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## Announcements

#### CONFERENCES

Biofeedback and Behavioural Medicine: Current Applications and Prospects.  
October 15th and 16th. Montreal.

Pain: Clinical Evaluation and Management Technique. November 5th & 6th. San Francisco.  
Contact Robert Matloff, BMA, 270 Madison Avenue, New York, NY 10016.

## **ADVANCE NOTICE - A.G.M. AND SUMMER WORKSHOPS**

The A.G.M. will be held in Stirling University on 1st and 2nd July, 1978. It will be preceded by two two-day workshops on 29th and 30th June:—

Alan Kazdin - Imagery in Behaviour Therapy

Jo Lopiccolo - Advanced workshops in management of sexual problems.

N.B: Please note earlier dates of A.G.M.

### **Spring Workshops**

Friday, 17th and Saturday, 18th March, 1978. Laurie Tennant and colleagues from Lee Hospital. "Behavioural Approaches to Mental Handicap.

Sunday, 19th March, 1978. Roger McAuley from Belfast. "Child Management - with emphasis on teaching patents".

Both these workshops will be held in 99, Denmark Hill, London, S.E.5. Attendance will be open to professionals engaged in the relevant fields. Numbers will be restricted to 30. For further information on all workshops, enquiries to Dr. Julian Bird, Maudsley Hospital, 99, Denmark Hill, London, S.E.5.

### **E.A.B.T.**

The Eighth Annual Meeting of the European Association for Behaviour Therapy will be held next summer in Vienna. Further details from Lawrence Burns, who is now the Secretary of E.A.B.T.

## **SHORT COURSE IN BEHAVIOUR MODIFICATION WITH THE SEVERELY RETARDED**

The course will run from 7 - 11 November 1977 (inclusive) at the Institute of Psychiatry.

Contact Mrs. P. Levine.

## **CONSTITUTIONAL CHANGES**

At the A.G.M. in July 1977, the following amendments were made to the constitution of the B.A.B.P.

- 2(a) To provide a Forum for discussion of matters relevant to behavioural psychotherapy among members of all the helping professions.
- 3(c) The subscription fee for affiliate members shall be as for members except for students which shall be £2.50 per annum or if paid by standing order £2.00.
- 4 Only full members have voting rights.

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The inaugural meeting and symposium on Behaviour Therapy is to be held on 29th Nov. at the Royal Victoria Hospital, Netley Abbey, Southampton.

Speakers include: Drs. Marks, Stern, Teasdale, Johnson, Napier.

Contact Rod Holland, Royal Victoria Hospital, Netley Abbey, Southampton.

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