

B.A.B.P. BULLETIN

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BRITISH ASSOCIATION FOR BEHAVIOURAL PSYCHOTHERAPY

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The British Association for Behavioural Psychotherapy was founded in 1972. It is a multidisciplinary organisation and full membership is restricted to members of the helping professions - psychiatrists, psychologists, social workers, nurses, probation officers, teachers, etc.

Objects of the Association

- (a) To promote the advancement of the theory and practice of behavioural psychotherapy, in particular the application of experimental methodology and learning techniques to the assessment and modification of maladaptive behaviour in a wide variety of settings.
- (b) To provide a forum for discussion of matters relevant to behavioural psychotherapy.
- (c) To disseminate information about and provide training for behavioural psychotherapy, by organising conferences, courses, and workshops or by other means.
- (d) To print, publish and circulate newsletters, reports and other publications containing articles, information and news relating to behavioural psychotherapy.
- (e) To make representation to, and to establish and maintain liaison with, public and professional bodies.
- (f) To foster and promote research into behavioural psychotherapy, and related matters.
- (g) To establish and organise, regional or specialist branches in order to promote the objects of the Association and to provide a service to members.
- (h) To encourage and assist in training in behavioural psychotherapy.
- (i) To study matters of concern to behaviour therapists and to take such action as is consistent with the objects of the Association and in the public interest.

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EDITORIAL

In this issue, we are publishing abstracts of some of the papers presented at the BABP Annual Conference in Exeter in July. In the next issue we will feedback information from the 6th Annual EABT Conference in Greece in September. Both Conferences attracted over 100 participants and it is reliably reported that the standard of presentations was very high. It seems clear that behavioural psychotherapy is now well established in Europe, although equally clearly it is better established in some countries and in some content areas than in others.

As most students of behaviour therapy will realize, the area which historically has attracted most attention is that of adult phobias. Studies in this area have rapidly progressed from single case descriptions to large scale experimental evaluations. Advances have been made at both technical and theoretical levels. The stage has now been reached where investigators in different clinics and different counties are seriously developing standard scales for pre and post-treatment evaluations. The use of such measures by different investigators, otherwise working independently, should ultimately permit easier comparison of different studies and hence accelerate progress in our understanding of phobic behaviour.