



Cognitive Therapy in Oxford

A one year part-time Post-Graduate Diploma,
awarded by Oxford University

Accredited at Level 1 by BABCP

Starting September 2009, Fridays 9.30-5.00, over three terms

Course Director: Dr Freda V. McManus

This highly respected course, with 16 years' proven track record in CBT training, equips practitioners with the CBT skills necessary to work with disorders and problems at all levels of complexity. Open to all mental health professionals (e.g., clinical psychologists, nurses, GP's, OT's, psychiatrists, etc.)

- Comprehensive high quality training in theory and practice of CBT
- Skilful supervision
- Self-experiential learning
- Consistently excellent feedback from course participants

"Overall quality was outstanding and I have learnt so much"

"The detailed feedback by supervisors has been invaluable."

Class of 2008

Closing date for applications will be 30 April 2009. Prospectus and application forms will be available from January 2009 on our website, or enquire with the Course Administrator, Mrs Kim Morris-Smith, after that date.

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Behavioural and Cognitive Psychotherapy

Instructions to Authors

Submission to Behavioural and Cognitive Psychotherapy

Articles written in English and not submitted for publication elsewhere should be sent via <http://mc.manuscriptcentral.com/babcp>.

Manuscript preparation

A Word document of the manuscript must be submitted electronically and original figures can be supplied as attachments.

Articles must be typed double-spaced throughout allowing wide margins all round. Where unpublished material e.g. behaviour rating scales, therapy manuals etc., is referred to in an article, copies should be submitted as an additional document to facilitate review.

Submissions will be sent out for review exactly as submitted. Authors who want a blind review should indicate this at the point of submission of their article, omitting details of authorship and other information. Submission for blind review is encouraged.

Abbreviations where used must be standard. The Systeme International (SI) should be used for all units; where metric units are used the SI equivalent must also be given. Probability values and power statistics should be given with statistical values and degrees of freedom (e.g. $F(1,34) = 123.07, p < .001$), but such information may be included in tables rather than the main text.

Spelling must be consistent within an article, either using British usage (*The Shorter Oxford English Dictionary*), or American usage (*Webster's New Collegiate Dictionary*). However, spelling in the list of references must be literal to each original publication.

Details of style not specified here may be determined by reference to the *Publication Manual of the American Psychological Association* or the style manual of the British Psychological Society.

Articles should conform to the following scheme:

- (a) *Title page*. The title should phrase concisely the major issues. Author(s) to be given with departmental affiliations and addresses, grouped appropriately. A running head of no more than 40 characters should be indicated.
- (b) *Abstract*. The abstract should include up to six keywords that could be used to describe the article. This should summarize the article in no more than 200 words, and should be structured under the headings: Background: Aims: Method: Results: Conclusions
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Kaltenthaler, E., Parry, G. and Beverley, C. (2004). Computerized cognitive behaviour therapy: a systematic review. *Behavioural and Cognitive Psychotherapy*, 32, 31–55. doi:10.1017/S135246580400102X.

Tharp, R. G. and Wetzel, R. J. (1969). *Behaviour Modification in the Natural Environment*. New York: Academic Press.**Roskies, E. and Lazarus, R. S.** (1980). Coping theory and the teaching of coping skills. In P. O. Davidson and S. M. Davidson (Eds), *Behavioural Medicine: changing health lifestyles*. New York: Brunner/Mazel.
- (f) *Footnotes*. The first, and preferably only, footnote will appear at the foot of the first page of each article, and subsequently may acknowledge previous unpublished presentation (e.g. dissertation, meeting paper), financial support, scholarly or technical assistance, or a change in affiliation. A concluding (or only) paragraph must be the name and full mailing address of the author to whom reprint requests or other enquiries should be sent.
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- (h) *Figure captions*. Numbered captions should be typed on a separate page.
- (i) *Figures*. Original drawings or prints must be submitted for each line or half-tone illustration. Figures should be clearly labelled and be camera-ready wherever possible.

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