

#### Volume 15, Number 4

October 1987

# JOURNAL OF THE BRITISH ASSOCIATION FOR BEHAVIOURAL PSYCHOTHERAPY

## ACADEMIC PRESS

Harcourt Brace Jovanovich, Publishers

London Orlando San Diego New York Austin Boston Sydney Tokyo Toronto

### Behavioural Psychotherapy

EDITOR A. Desmond Poole

#### ASSOCIATE EDITORS

Ian Falloon (Buckingham, U.K.) Eileen Gambrill (Berkeley, Calif, U.S.A.) Kurt Hahlweg (Munich, West Germany) Peter Higson (Denbigh, U.K.) Roger McAuley (Belfast, U.K.) Tim Stockwell (Exeter, U.K.)

#### CONSULTING EDITORS

William Yule (London, U.K.)
Ray Hodgson (Cardiff, U.K.)
G. Terence Wilson (Rutgers, N.J., U.S.A.)

MANAGING EDITOR Chris Brannigan (Birmingham, U.K.)

#### BOOK REVIEW EDITORS

Brendan Bradley (London, U.K.) Sue Spence (Sydney, Australia)

#### EDITORIAL ADVISORY BOARD

Kelly Brownell (U.S.A.), Robert Collins (U.S.A.), Joe Connolly (U.K.). Edward Craighead (U.S.A.), Paul Emmelkamp (Netherlands), K. Gunnar Gotestam (Norway). Iver Hand (West Germany), Barbara Hudson (U.K.), David Horne (Australia). Derek Jehu (Canada). Philip Kendall (U.S.A.), Neville King (Australia), Yves Lamontagne (Canada), Peter Lindsey (U.K.), Bill Marshall (Canada), Isaac Marks (U.K.), Jim Orford (U.K.), John Marzillier (U.K.), Andrew Matthews (U.K.), Jack Rachman (Canada). Howard Rankin (U.K.), Sten Ronnberg (Sweden), Bob Sanson-Fisher (Australia), Gudrun Sartory (U.K.).

Papers should be submitted, in accordance with the Instructions to Authors on the inside back cover, to Dr A. Desmond Poole at the Editorial Address.

Books, etc. for review should be sent to Brendan Bradley, Department of Psychology, Institute of Psychiatry, De Crespigny Park, London SE5 8AF.

All other correspondence concerning the journal to: Academic Press Inc. (London) Ltd, 24–28 Oval Road, London NW1 7DX.

Enquiries concerning membership of the British Association of Behavioural Psychotherapy should be addressed to Howard Lomas, Membership Secretary B.A.B.P., Craig House, Bank Street, Bury, Lancs, BL9 0BA.

Published quarterly (January–October) at 24–28 Oval Road, London NW1 7DX, England, by Academic Press Inc (London) Limited. Volume 15, four issues: inland £32.00 including postage; abroad \$62.00 including postage. Subscription orders should be addressed to Academic Press Inc. (London) Limited, High Street, Footscray, Sidcup, Kent DA14 5HP, telephone 01 300 3322. Send notices of changes of address to the office of the Publishers at least 6–8 weeks in advance. Please include both old and new addresses. Second class postage paid at Janaica, New York 11431, U.S.A. Air freight and mailing in the U.S.A. by Publications Expediting Inc., 200 Meacham Avenue, Elmont, New York 11003. U.S. Postmaster: Send address changes to *Behavioural Psychotherapy*, c/o Publications Expediting Inc., 200 Meacham Avenue, Elmont NY11003, U.S.A.

©1987 British Association For Behavioural Psychotherapy. The appearance of the code at the bottom of the first page of a paper in this journal indicates the copyright owner's consent that copies of the paper may be made for personal or internal use, or for the personal or internal use of specific clients in the U.S.A. This consent is given on the condition within the U.S.A. that the copier pay the stated per-copy fee through the Copyright Clearance Center, Inc., 21 Congress Street, Salem, MA 01970, U.S.A. for copying beyond that permitted by Sections 107 or 108 of the U.S. Copyright Law. This consent does not extend to other kinds of copying, such as copying for general distribution, for advertising or promotional purposes, for creating new collective works for resale or for copying or distributing copies outside the U.S.A.

#### AN INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR THE HELPING PROFESSIONS

#### EDITORIAL ADDRESS

Department of Mental Health The Queen's University of Belfast Windsor House Belfast City Hospital Belfast BT9 7AB Northern Ireland

ISSN 0141-3473