

B.A.B.P. BULLETIN

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The British Association for Behavioural Psychotherapy was founded in 1972. It is a multidisciplinary organisation and full membership, if 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

What is behavioural psychotherapy?

We asked a small, unrepresentative sample of B.A.B.P. members to answer this question and very quickly unearthed a diversity of opinion and no real consensus. Some considered behavioural psychotherapy to be characterized by the application of the concepts, discoveries and methodology of all the behavioural sciences to the solution of human problems, whereas others were interested only in psychological concepts and a few stressed only the use of operant techniques in modifying behaviour. Whilst a majority considered theories of learning to be important, others considered them to be either wrong, simple-minded or irrelevant. A few were biased in favour of individual case investigations where treatment emerges as the end result of the controlled experimental approach to the analysis and modification of an individual client's behaviour.

In our opinion learning theories have been crucial throughout the short history of behavioural psychotherapy and will become increasingly important in the future as they are refined and developed by psychologists applying them to human problems. Only psychoanalytical and learning theories have really attempted to come to grips with irrational