

# Behavioural and Cognitive Psychotherapy

## Instructions to Authors

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### 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 Where unpublished material e.g. behaviour rating scales, therapy manuals etc, is referred to in an article, copies should be submitted as an additional document to facilitate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.

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**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.

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