

# Behavioural and Cognitive Psychotherapy

## Instructions to Authors

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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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