

Editorial

Cognitive Behavioural Psychotherapy is Growing and Developing

Our field continues to grow and develop rapidly, not only in terms of the theory and research that underpins our clinical work but also in the breadth and richness of the clinical skills that allow us to apply this knowledge in ways that empower those who seek help from us. Recent submissions to this journal are testament to the growing technology evolving around issues such as training and supervision. The pace of development of the basic and applied science that underpins the work of CBT practitioners is unparalleled. The BABCP and this journal have contributed to and influenced these developments; we need to continue to do so.

The journal is therefore growing again. The last time we expanded, it was by increasing each issue by 25%. The continuing increase in good quality submissions means that we need not only to publish more high quality material but also to reduce the growing gap between acceptance of a paper and its publication. The BABCP has therefore decided to increase the number of issues from four to five. The intention is to allow the journal to maintain the quality of theoretical and research papers without losing its important clinical content. I continue to get feedback that this balance is important for members, and I hope that we can continue to get this right.

This issue also sees changes in the editorial team. Elizabeth Kuipers will be succeeded by Craig Steel as an Associate Editor, and David Westbrook by Chris Williams. Thanks to Elizabeth and David for their hard work and support over the last few years. Craig will continue as book review editor, and we welcome Chris to the team and look forward to working with him. I would also like to take this opportunity to thank the rest of the editorial team for their continuing hard work, and of course our many contributors and peer reviewers.

Online submission

Another important change is the introduction of online submission and manuscript management. This development should improve the efficiency of processing of papers, and it is timely given the increased volume of manuscripts we are receiving (and publishing). This system is being launched at the annual conference, and should be in place by the time you are reading this (<http://mc.manuscriptcentral.com/babcp>).

Paper based submission will continue in parallel for three months (August–October 2006), but will then be entirely superseded. There may be glitches with the introduction of this system, but hope that contributors and referees will provide feedback to help us deal with problems should they arise (journal@babcp.com).

Substance as well as form

The substance of our work also continues to grow and evolve; beyond the NICE guidelines, the Layard Initiative highlights the need for additional therapists to conduct evidence based therapies, and the continuing importance of empirically grounded clinical interventions. This

journal encourages articles that contribute to these developments, including those that actively seek to influence the direction they take. Issues involved include (but are not confined to) treatment integrity, quality control of therapy and therapists, generalization of research findings, effectiveness of training and supervision strategies, service user empowerment, destigmatization, evidence based patient choice and delivery of stepped care. At the same time, the crucial focus on identifying better ways of understanding people's problems and helping them to change these continues. Readers of this journal will know that we are getting better and better at tackling these issues, but that we still have a long way to go. So that is why we have more than doubled the material in this journal over the last 5 years. Now that CBT has taken centre stage as the only empirically grounded clinical intervention in the field of psychotherapy, we can reasonably expect that the flow of good quality information will continue to increase.

Paul Salkovskis