

— Behavioural —
PSYCHOTHERAPY

Volume 16, Number 4

October 1988

WORLD CONGRESS ISSUE



**JOURNAL OF THE
BRITISH ASSOCIATION FOR BEHAVIOURAL PSYCHOTHERAPY**

ACADEMIC PRESS

Harcourt Brace Jovanovich, Publishers

London San Diego New York
Boston Sydney Tokyo Toronto

Behavioural Psychotherapy

AN INTERNATIONAL
MULTIDISCIPLINARY
JOURNAL FOR
THE HELPING PROFESSIONS

EDITOR

A. Desmond Poole

ASSOCIATE EDITORS

Ian Falloon (*Buckingham, U.K.*)
Eileen Gambrill (*Berkeley, CA, 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, NJ, 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 Experimental Psychology, University of Cambridge, Downing Street, Cambridge CB2 3EB, U.K. 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.

BEHAVIOURAL PSYCHOTHERAPY ISSN 0141-3473. Volume 16, 1988, published quarterly by Academic Press at 24-28 Oval Road, London NW1 7DX, U.K. Annual subscription price including postage: £38 U.K. and U.S. \$74 overseas. Subscription orders should be sent to Academic Press Limited, Foots Cray, Sidcup, Kent DA14 5HP, U.K. (Tel: 01-300-3322). Send notices of changes of address to the publisher at least 6-8 weeks in advance, including both old and new address. Second-class postage paid at Jamaica, NY 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.A. Postmasters: send address changes to BEHAVIOURAL PSYCHOTHERAPY, c/o Publications Expediting Inc.

©1988 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.

ISSN 0141-3473