

## INSTRUCTIONS FOR CONTRIBUTORS

The *Journal of Cognitive Psychotherapy: An International Quarterly* is devoted to the advancement of the clinical practice of cognitive psychotherapy in its widest sense. This scholarly journal seeks to merge theory, research, and practice and to develop new techniques by an examination of the clinical implications of theoretical development and research findings. To this end the journal will publish case studies, theoretical and research articles of direct practical relevance, literature reviews on clinical topics, and articles specifying the clinical implications of topical research. Articles describing the integration of cognitive psychotherapy with other systems are also welcome.

### Manuscripts are solicited in the following areas:

1. Case studies. Authors should describe therapeutic procedures in sufficient detail to permit replication by other clinicians and should include measures of outcome and, whenever possible, follow up. The development and investigation of innovative procedures are especially welcomed.
2. Treatment manuals, including the descriptions of new treatment methods. Such manuals should clearly illustrate the specific sequential clinical interventions. In particular, authors should clearly indicate variations in interventions and their rationales.
3. Theoretical articles. Articles outlining theoretical developments in cognitive psychotherapy are welcomed if they have clear implications for clinical practice that are described in detail.
4. Literature reviews. Such reviews can focus on research demonstrating the efficacy of specific techniques, the practice of cognitive psychotherapy with specific populations, different therapeutic modalities (e.g., group therapy, family therapy), or reviews of assessment methodologies useful in cognitive psychotherapy.
5. Research studies. Such studies should have direct clinical relevance that is well described in the article.

The journal also seeks to publish special issues devoted to topics of particular interest, suggestions for which are welcomed by the editors.

Manuscripts may be submitted by email to Steven Taylor at [taylor@interchange.ubc.ca](mailto:taylor@interchange.ubc.ca). Manuscripts must be prepared according to the *Publication Manual of the American Psychological Association*, 5th edition, and must be typed double-spaced throughout including abstract, text quotations, references, and tables. Articles should include an abstract of no more than 150 words. Authors should supply a list of four to six keywords, which will be used for indexing. Manuscripts are submitted for unidentified review; therefore the author's name, degree, and affiliation (department and institution) should appear on the cover sheet only, which should also include the article title; authors' names, degrees, and affiliations; and the complete mailing address, email address, and telephone number of the author designated to review proofs. All figures must be submitted as tiff at 300ppi or eps. Contributors are responsible for all statements made in their manuscripts and for obtaining written permission from copyright owners for illustrations, adaptations, or lengthy quotes.

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