

Editorial

This special edition of *Behavioural and Cognitive Psychotherapy* is dedicated as a tribute to Isaac Marks, who retires this year from his post as Professor of Experimental Psychopathology at the Institute of Psychiatry, London. All the contributors to this edition are colleagues who have been greatly influenced by Isaac during their careers. Their papers were written without Isaac knowing of our plans and we were even cheeky enough to ask Isaac to write a paper himself, reflecting on his 40 years involvement in the development of behavioural and cognitive psychotherapies. All the papers, including the one by Isaac himself, illustrate some of the areas where he has made a major contribution to behavioural and cognitive psychotherapies during the last 40 years.

Two papers, by Hand and by Rowa, Antony and Swinson, detail the huge advances made in the treatment of the severe and disabling disorders of agoraphobia and OCD, identifying Isaac's enormous contribution. The papers also confirm the international scope of Isaac's influence. These authors remind us not to forget the relative modernity of effective psychological treatments for these disorders and how dramatic a change there has been in prognosis and clinical outcomes.

Another major theme in Isaac's work – the empirical validation of treatment effects from the perspective of service users – is explored by Paul Lelliot. Whilst many researchers have concentrated on developing complex psychosocial measures with carefully researched psychometric properties, Isaac taught us very early on in the development of our field to consider patient-focused measurement (in the form of simple collaborative problem and target ratings) as a core of our work.

Isaac's huge contribution, not only to behavioural and cognitive psychotherapies, but also to nursing and interprofessional working is described by Kevin Gournay. Once again ahead of his time, Isaac predicted many of the developments in multi-professional working that are now central to health policy in the U.K. We are reminded of George Bernard Shaw's perceptive line, "All professions are conspiracies against the laity", in that Isaac's determination to make effective psychotherapies available to as many people as possible has sometimes led him into controversy and conflict with professional self-interest. His tenacity in this area is legendary and has, as Gournay describes, been well rewarded.

A central theme, and perhaps for many the area where Isaac is best known, is of self-help. Lovell and Richards put forward an integrated model of CBT service delivery based on Isaac's work. They challenge all services to test themselves out against the principles of the new U.K. national service framework for mental health. As Isaac has often done, this paper takes a socratic view – "we think that we have effective therapies – so what?" What is their worth without effective delivery systems that enfranchise the many rather than the few?

We have also included an unusual paper by Simon Darnley, which adds to the admiration with which Isaac is held by taking an amusing and affectionate view of his achievements. As a reflection of Isaac's basic humanity, we hope that both he and the Journal's readers will appreciate its warmth.

Of course, we begin the whole issue with Isaac Marks himself. Isaac places his spin on

the area by reviewing 40 years of psychosocial treatments in mental health. Isaac uses the historical record to explore the contribution of a wide literature to themes of efficacy, effectiveness and efficiency. He makes a plea for psychological therapists to use a common language in order to understand each other's approaches better and to measure the relative benefits of different approaches. As he points out, in the anxiety disorders there is now clear evidence that there are a number of different routes to fear reduction – behavioural, cognitive and physiological. It is not clear whether the mechanisms behind these routes are similar or different; he reminds us that there is much that we do not know. This is a major challenge for the future. However, unlike Isaac 40 years ago, we have an advantage – the legacy of a huge scientific evidence base left to us by Isaac and his generation. We know that behavioural and cognitive psychotherapists everywhere will be appropriately grateful. We understand that his work will continue, so watch this space . . .

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