

Editorial

Happy New Year! As the first issue of volume 31 thuds onto your mat, we are happy to declare the increase in page numbers a success in every respect. As you know, we have increased our published volume by 25% in order to keep up with the growing number of good quality manuscripts. The flow has continued, and in fact continues to increase. At the same time, after a bit of a hiccup, we have a working website that carries the additional material that usually accompanies brief clinical reports. For those of you thinking of submitting brief clinical reports, this is important because it means that you will no longer have to post out fuller reports or supporting documents. Also, documents posted in this way will be citable publications. (However, it is also important to note that the rules restricting “double publication” apply to such material).

In the same vein, the journal itself is available to all subscribers (including, of course, BABCP members) in electronic format. The details of how to gain web access to the journal will be circulated soon.

Now, some farewells: Peter Griffiths retires from the post of associate editor. Peter has looked after the child-related material in the journal, and we are grateful for his hard work in this respect. Allison Harvey, ably assisted by Nicole Tang, has done a fantastic job of editing the book review section of the journal. Many thanks to you both for your contribution to the dissemination and evaluation of the latest in CBT publishing, and for your support in the journal production process.

One door closes, another opens. Jonquil Drinkwater has agreed to serve as the new associate editor with special responsibility for papers related to CBT in childhood and youth; we are delighted that she is joining us. On the book review front, Craig Steel has kindly agreed to take charge, and I know that we can look forward to further lively developments in both of these areas.

It has become something of a tradition at this time of year for the editor to announce changes to the way in which the journal is organized . . . but not this year! It seems that the mix of research, theory and clinical practice is currently just about right, to judge from the feedback from readers. However, some sections are under-subscribed, and I would encourage you all to consider submitting to the empirically grounded clinical interventions section. As a reminder, this section is intended to allow publication of articles in the tradition of “breakthrough” pieces in CBT, in which an evaluative review of a particular problem or type of treatment is followed through in terms of its clinical implications, and inferences about how current “state of the art” treatment can be improved upon. The idea is that treatment development is an iterative process, and the aim is to break free of the stultifying influence of rigid evidence-based medicine and quantitative reviewing as applied to mental health (Salkovskis, 2002). The starting point, as always in the development of cognitive-behavioural approaches, is clinically grounded theory. A careful and creative evaluative review of the field can then indicate how best to develop treatment, basing these conclusions

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on a synthesis of the phenomenology of the problem under consideration, experimental and other studies relevant to its specific psychopathology and a good understanding of the psychological processes involved in treatment itself. If you are not sure whether your paper is of the right type, read the editorial in issue 1, 2002, and Nick Grey and his colleagues' exemplary article on PTSD (Grey, Young, & Holmes, 2002). We need more of this!

The journal has always informally sought to identify potential conflicts of interest related to articles submitted for publication. It is now time to do this more formally, in line with developments in the field. If you are intending to submit an article, please add a statement concerning potential conflicts of interest; mostly, of course, this will be "none known", but if you are not sure, contact the editor.

In case I take them for granted, I would like to thank the team responsible for putting this journal together, starting with Helen Dowd, who unflappably gets on with making sure it all works. Carole Hughes corrects mistakes (some of which are mine) and makes sure that the copy is in good shape. The boys and girls (!) at Cambridge University Press make sure that production and marketing work as they should. The associate editors make my life much easier by covering their special areas of expertise, and the editorial board and advisory board are helpful in monitoring the direction taken by the journal.

Anyway, we are all looking forward to a successful 2003. The journal is now close to being the highest circulation journal in the field. To make sure that this remains so, I would appreciate feedback at any time from members and subscribers about the form and content of the journal.

Paul Salkovskis

References

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