

# Fear and Courage

*Second Edition*

S J Rachman

In this comprehensively revised edition of *Fear and Courage*, *S J Rachman* examines the nature of fear and courage in light of recent studies on the varieties of fear, how fears are acquired, and how they can be successfully treated, as well as on clinical expressions of courage. He offers an innovative account of new research on the return of fear, fear inflation, the relationship between fear and pain, the nature of courage in combat situations, and fear summation.

January 1990 405 pages 6 illustrations paper £16.95

**W.H. Freeman**

20 Beaumont Street, Oxford OX1 2NQ

---

**ACADEMIC PRESS**  
HARCOURT BRACE JOVANOVICH, PUBLISHERS

---

*Second Edition of the Highly Acclaimed Reference*

# THE DICTIONARY OF BEHAVIORAL SCIENCE

Second Edition  
edited by

***Benjamin B. Wolman***

**March 1989, 370 pages, ISBN: 0.12.762455.4, £25.00**

For fifteen years the *Dictionary of Behavioral Science* has been the standard reference in psychology, psychiatry, and related disciplines. Recognized by the American Library Association as an "Outstanding Reference Book" (1973), the first edition sold over 21,000 copies.

This widely acclaimed first edition has been revised, modernized, and expanded. Each item has been carefully examined, and scores of items have been updated or added. The result is an authoritative and convenient single-source reference for the behavioral sciences.

Suitable for every level of interest, the new edition of the *Dictionary*:

- covers all fields of the behavioral sciences - including psychology, psychiatry, neuroscience, social work, anthropology, education, human relations, and more.
- provides precise and up-to-date definitions of more than 20,000 terms.
- fulfills the need in the behavioral sciences for a single-source reference that is comprehensive and authoritative.
- easy-to-use, two-column format provides for ready reference.

*Dictionary of Behavioral Science* is a comprehensive, dependable, resourceful aid which will be valuable to both professionals and students of diverse backgrounds.

*All prices are subject to change without notice*



MARKETING DEPARTMENT, 24 - 28 OVAL ROAD, LONDON, NW1 7DX, ENGLAND  
BOOK MARKETING DEPARTMENT, 1250 SIXTH AVENUE, SAN DIEGO, CA 92101-4211, U.S.A.

# SUBSCRIPTION ORDER FORM



**Behavioural Psychotherapy** ISSN 0141-3473

Please enter my subscription to Volume 18, 4 issues (1990)  
Full Rate: U.S.\$99.00/£51.00 (U.K. only)

Please send me a free sample copy, including 'Instructions to Authors'

## Method of Payment

Cheque/Money order enclosed (payable to 'Harcourt Brace Jovanovich Ltd.')

Purchase order enclosed     Please invoice me

Credit Card

American Express/Visa/Barclaycard/Diners Club/MasterCard (Please delete as appropriate)

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Essential when paying by Credit Card)

## ARE YOU GETTING THE INFORMATION YOU NEED ?

Please tick the appropriate boxes below and return this questionnaire whether or not you choose to order at this time.

Please continue mailing me information on Academic Press publications.

I have completed my mailing address above.

Please remove my name from your mailing list.

I have completed my mailing address above.

Please change my mailing address as I have indicated above.

I'd prefer to stay informed about these particular areas only:

Please photocopy this form and return it to:    or to:

Journals Marketing Department  
Harcourt Brace Jovanovich Ltd.  
24-28 Oval Road, London NW1 7DX, UK

Journals Promotion Department  
Academic Press Inc.  
1250 Sixth Avenue, San Diego, CA92101, USA

# BRITISH ASSOCIATION FOR BEHAVIOURAL PSYCHOTHERAPY

## Cognitive Behaviour Therapy: A Practical Symposium

15th June 1990,  
John Radcliffe Hospital, Oxford

A major symposium based on *Cognitive Behaviour Therapy For Psychiatric Problems: A Practical Guide*, recently published by Oxford University Press.

Eleven contributors to the book, all recognized leading experts in their fields, will take part in the symposium. They will illustrate the specific ways in which cognitive behaviour therapy is applied to a wide range of problems, including:

- how to overcome difficulties
- how to apply the treatment to special groups
- use of therapy in special settings

An update on recent research findings will also be provided. Where possible, treatment techniques will be illustrated by the use of video.

The symposium is preceded by **four workshops** on **14th June**:

- Marital Problems  
Neil Jacobson, University of Washington, Seattle, U.S.A.
- Eating Disorders  
Chris Fairburn, Department of Psychiatry, University of Oxford.
- Sex Therapy  
Keith Hawton, Consultant Psychiatrist and Clinical Lecturer, University Department of Psychiatry, Warneford Hospital, Oxford.
- Cognitive Therapy: A Practical Introduction  
David Clark and Paul Salkovskis, Department of Psychiatry, University of Oxford.

Further information from Pepi Matkin, BABP,  
59 Revelstoke Road, London SW18 5NJ.  
Tel. 01 944 1133.

## Instructions to Authors

1. **Submission.** Articles written in English and not submitted for publication elsewhere, should be sent to The Editors, *Behavioural Psychotherapy*. Department of Psychiatry, University of Oxford, Warneford Hospital, Oxford OX3 7JX, U.K.

2. **Manuscript preparation.** Four complete copies of the manuscript must be submitted. Original figures should be supplied at the time of submission. Articles must be typed double-spaced throughout on standard sized paper (preferably A4) allowing wide margins all round. Where unpublished material, e.g. behaviour rating scales, therapy manuals, etc is referred to in an article, copies should be submitted to facilitate review.

Manuscripts will be sent out for review exactly as submitted. Authors who want a blind review should mark two copies of their article "review copy" omitting from these copies details of authorship.

*Abbreviations* where used must be standard. The Système Internationale (SI) should be used for all units; where metric units are used the SI equivalent must also be given. Probability values and power statistics should be given with statistic values and degrees of freedom [e.g.  $F(1, 34) = 123.07, P < 0.001$ ], but such information should preferably be included in tables rather than the main text.

*Spelling* must be consistent within an article, either using British usage (*The Shorter Oxford English Dictionary*), or American usage (*Webster's New Collegiate Dictionary*). However, spelling in the list of references must be literal to each original publication.

Details of style not specified here may be determined by reference to the *Publication Manual of the American Psychological Association*.

Articles should conform to the following scheme:

(a) *Title page.* The title should phrase concisely the major issues. Author(s) to be given with departmental affiliations and addresses, grouped appropriately. A running head of no more than 40 characters should be indicated.

(b) *Summary.* This should summarize the article in no more than 200 words.

(c) *Text.* This should begin with an introduction, succinctly introducing the point of the paper to those interested in the general area of the journal. References within the text should be given in the form Jones and Smith (1973). When there are three or more authors the first citation should include all authors, subsequent citations should be given as Williams *et al.* (1973). Authors with the same surname should be distinguished by their initials. The approximate positions of tables and figures should be indicated in the text. Footnotes should be avoided where possible.

(d) *Reference note(s).* A list of all cited unpublished or limited circulation material, numbered in order of appearance in the text, giving as much information as possible about extant manuscripts.

(e) *References.* All citations in the text should be listed in strict alphabetical order according to surnames. Multiple references to the same author(s) should be listed chronologically, using a, b, etc., for entries within the same year. Formats for journal articles, books and chapters should follow these examples:

BECKER, M. R. and GREEN, L. W. (1975). A family approach to compliance with medical treatment: A selective review of the literature. *International Journal of Health Education* 18, 173–182.

THORP, R. G. and WETZEL, R. J. (1969). *Behaviour Modification in the Natural Environment*. New York: Academic Press.

ROSKIES, E. and LAZARUS, R. S. (1980). Coping theory and the teaching of coping skills. In *Behavioural Medicine: Changing Health Lifestyles*. P. O. Davidson and S. M. Davidson (Eds), New York: Brunner/Mazel.

(f) *Footnotes.* The first, and preferably only, footnote will appear at the foot of the first page of each article, and subsequently may acknowledge previous unpublished presentation (e.g. dissertation, meeting paper) financial support, scholarly or technical assistance, or a change in affiliation. Its concluding (or only) paragraph must be the name and full mailing address of the author to whom reprint requests or other inquiries should be sent.

(g) *Tables.* Tables should be numbered and given explanatory titles.

(h) *Figure captions.* Numbered captions should be typed on a separate page.

(i) *Figures.* Original drawings or prints must be submitted for each line or half-tone illustration. Figures should be clearly labelled.

3. **Proofs, Reprints and Copyright.** Proofs of accepted articles will be sent to authors for the correction of printers' errors; author's alterations may be charged. Authors submitting a manuscript do so on the understanding that if it is accepted for publication exclusive copyright of the paper shall be assigned to the Society. In consideration of the assignment of copyright, 25 copies of each paper will be supplied. Further reprints may be ordered at extra cost; the copyright assignment form and the reprint order form will be sent with the proofs. The publishers will not put any limitation on the personal freedom of the author to use material in the paper in other works.



## CONTENTS

EDITORIAL STATEMENT .....	i
EDITORIAL .....	83
LIDDLE, B. and SPENCE, S. H. Cognitive-Behaviour Therapy with Depressed Primary School Children: A Cautionary Note .....	85
MCNAMARA, E. and JOLLY, M. The Reduction of Disruptive Behaviour Using Feedback On-Task Behaviour: An Across Setting Study of a Class of 12- and 13-Year-Old Pupils .....	103
HARROP, A., DANIELS, S. M. and FOULKES, C. The Use of Momentary Time Sampling and Partial Interval Recording in Behavioural Research .....	121
SHARPLEY, C. F. The Effects of Pre-experience on Performance Within an Implicit Reward Situation .....	129
<b>Clinical Section:</b>	
ADAMS, B. D. and HAYWARD, P. A Combined Cognitive-Behavioural Treatment Package for a Hospitalization Phobic Patient .....	137
WHITE, J. and KEENAN, M. Stress Control: A Pilot Study of Large Group Therapy for Generalized Anxiety Disorder .....	143
BOOK REVIEWS .....	147