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Behavioural and Cognitive Psychotherapy is an international multi-disciplinary journal aimed primarily at members of the helping and teaching professions. The journal features original research papers, covering both experimental and clinical work, that contribute to the theory, practice and evolution of cognitive and behaviour therapy. Under the guidance of an international editorial team, *Behavioural and Cognitive Psychotherapy* aims to reflect and influence the continuing changes in the concepts, methodology and techniques of behavioural and cognitive psychotherapy. A particular feature of the journal is its broad-ranging scope - both in terms of topics and types of study covered.

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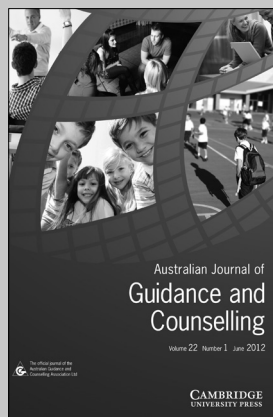
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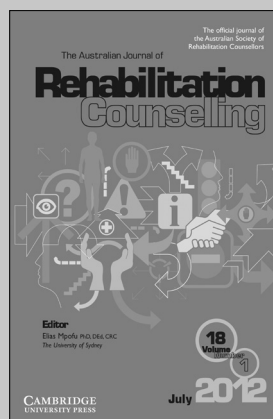
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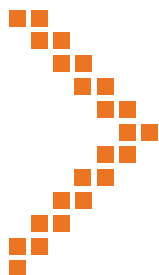
The theory was first propounded in 1970 (Larsen, 1971).

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