

Journal of Cognitive Psychotherapy

INSTRUCTIONS FOR CONTRIBUTORS

The *Journal of Cognitive Psychotherapy: An International Quarterly* is devoted to the advancement of the clinical practice of cognitive and cognitive-behavioral therapy 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 across the lifespan. To this end, the journal will publish empirical studies, theoretical articles, literature reviews, and case studies focused on cognitive and cognitive-behavioral therapies, including understanding related mechanisms or components. Articles describing the integration of cognitive-behavioral psychotherapy with other systems are also welcome. Finally, detailed case illustrations of a particular treatment are also welcome; prior to submission, please discuss this with the editor prior to submission.

Manuscripts are solicited in the following areas:

1. **Research studies.** Such studies should have direct clinical relevance that is well described in the article.
2. **Theoretical articles.** Articles outlining theoretical developments in cognitive or cognitive-behavioral psychotherapy are welcomed if they have clear implications for clinical practice that are described in detail.
3. **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.
4. **Literature/Systematic reviews.** Such reviews can focus on research demonstrating the efficacy of specific techniques, the practice of cognitive or cognitive-behavioral psychotherapy with specific populations, different therapeutic modalities (e.g., group therapy, family therapy), or reviews of assessment methodologies useful in cognitive or cognitive-behavioral psychotherapy.
5. **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.

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 online to ScholarOne at <https://mc.manuscriptcentral.com/cogpsy>. Manuscripts must be prepared according to the current edition of the *Publication Manual of the American Psychological Association*, and must be typed double-spaced throughout including abstract (no more than 150 words), text quotations, references, and tables. Authors should supply a list of four to six keywords, which will be used for indexing. Manuscripts are not submitted for blind review unless specifically requested by the authors. The title page of the manuscript should contain the authors' names, degrees, and affiliations; and the complete mailing address, e-mail address, and telephone number of the author designated to review proofs. Figures should be submitted in tiff format at 300 ppi or in eps format. Contributors are responsible for all statements made in their manuscripts and for obtaining written permission from copyright owners for illustrations, adaptations, or lengthy quotes.