

Instructions for Authors

The *International Journal of Cognitive Therapy* is the official journal of the International Association for Cognitive Psychotherapy (IACP), a professional, scientific, interdisciplinary organization whose mission is to facilitate the utilization and growth of cognitive therapy as a professional activity and scientific discipline.

The journal is devoted to advancing all scientific and clinical aspects of cognitive therapy, including rigorous research on cognitive factors and vulnerabilities in psychological disorders, mediating processes in treatment outcome, cognitive assessment and treatment, expert perspectives on specific clinical problems and populations, and critical issues in translating research to practice. We welcome articles of the following types:

1. Empirical research studies of cognitive clinical theories and applications
2. Theoretical papers and particularly innovative contributions to theory or extensions of current theory
3. Systematic case studies that either extend the current base of knowledge about applications of treatments to new clinical problems or that describe new interventions
4. Reports on new treatment manuals that describe their procedures and contributions in relation to previous ones
5. Literature reviews and meta-analyses
6. Special thematic issues

An annual award will be given by the IACP to any empirical article in the journal that the editors and IACP Board judge to have contributed the most original breakthrough research of the year. A similar competitive award may be given to articles in another category such as review articles, theoretical articles, or case studies. These awards will consist of a certificate from the IACP given in recognition of the accomplishment, a mention in the following volume of the *International Journal of Cognitive Therapy*, and a cash award of \$150.00.

All submissions must be made electronically (preferably in MSWord format) to John H. Riskind at jriskind@gmu.edu or jhriskind@gmail.com. Only original articles will be considered, and submitted articles should include all tables and figures in one single file. All submissions must be double-spaced, on one side of standard 8½" × 11" white paper. Authors should include an Abstract of fewer than 150 words and must prepare manuscripts according to the format and style rules set forth in the publication manual of the American Psychological Association, 5th Edition (2002).

Blind reviews are optional. If authors desire a blind review they should request this in the submission letter. For blind reviews, only a separate coverage page should contain identifying information about the authors and their affiliations.

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