

Preface

This first volume of the *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy* was designed to bring together the expertise and experience of leading researchers and practitioners into a single, expansive overview of novel as well as thoroughly established therapeutic modification techniques for adults. The entries comprising Volume I vary broadly both in length and depth of description of specific strategies, but all are intended to give a range of interested parties immediate insight into the fundamentals of the methods described. Therefore, the collective proliferation of entries all adhere to a more straightforward style of writing and description, which will make even the most complex theories of learning, pathology, and change readily available to readers with less than an expert's knowledge base. Entries cut across a full range of mental health conditions and their respective treatments, with the aim of providing systematic and scientific evaluation of clinical interventions in a fashion that will lend itself to the particular style of treatment common to behavior modification and cognitive-behavioral therapy. The advantage, then, of this broad collection of entries in a single resource is that it provides scholars, researchers, clinicians, students, and other individuals or institutions alike both heuristic value and a solid starting point for any line of inquiry.

This first volume is devoted to adults, as it is the population most commonly encountered by the average researcher, clinician, and graduate student. Even though we limited this volume to the realm of adult interventions, we were still suitably impressed, if not a bit daunted, by the sheer number of methods we felt warranted inclusion. In our efforts to identify the

range of topics that justifiably needed entries to make this truly a single resource, we have identified and included more than 150 entries. This rather large number of descriptions may at first seem unwieldy to the reader, but each entry follows a set pattern of outlining the method and particular issues pertinent to it. This leaves the reader with a user-friendly way of quickly identifying the key features and issues of any method of interest, as well as pointing them to more focused and technical resources should it be desired. This standardized format also allows for ready comparisons across methods of interest. The alphabetical listing of the methodologies will facilitate quick maneuvering between specific entries for such comparative purposes.

There are many contributors to Volume I alone, and numerous others have contributed and participated in various ways to its final culmination. First, we feel especially thankful to all of the contributors who graciously agreed to write about their respective areas of expertise. We compliment them on their outstanding quality of entries. Second, we are, as usual, extremely appreciative and impressed by our editorial assistant, Carole Londerée, who with organization and panache made the overarching task of producing this volume feasible. Third and finally, we wish to thank Sage Publications for recognizing the inherent value of the *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy*.

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