

International Handbook of Behavior Modification and Therapy

SECOND EDITION

Edited by
Alan S. Bellack
Michel Hersen
Alan E. Kazdin

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Preface to the Second Edition

It is particularly gratifying to prepare a second edition of a book, because there is the necessary implication that the first edition was well received. Moreover, now an opportunity is provided to correct the problems or limitations that existed in the first edition as well as to address recent developments in the field. Thus, we are grateful to our friends, colleagues, and students, as well as to the reviewers who have expressed their approval of the first edition and who have given us valuable input on how the revision could best be structured.

Perhaps the first thing that the reader will notice about the second edition is that it is more extensive than the first. The volume currently has 41 chapters, in contrast to the 31 chapters that comprised the earlier version. Chapters 3, 9, 29, and 30 of the first edition either have been dropped or were combined, whereas 14 new chapters have been added. In effect, we are gratified in being able to reflect the continued growth of behavior therapy in the 1980s. Behavior therapists have addressed an ever-increasing number of disorders and behavioral dysfunctions in an increasing range of populations. The most notable advances are taking place in such areas as cognitive approaches, geriatrics, and behavioral medicine, and also in the treatment of childhood disorders. Of special note is the fact that Part V, Intervention and Behavior Change: Child and Adolescents, has been expanded from 6 to 13 chapters. Also, the current volume reflects the meteoric development of cognitive behavior therapy. Consequently, a chapter on cognitive behavior therapy has been added to Part I, Foundations, and the influence of cognitive strategies is well reflected in the content of several other chapters, including Chapter 16, Depression, and Chapter 23, Marital Distress.

In keeping with the ongoing developments in the field and because of the availability of numerous basic sources on individual topics, we have elected not to have our contributors simply reprise typical reviews of each topic. Rather, we have invited them to "step back" and provide a critical evaluation of where their respective field has been, its current strengths and shortcomings, and the direction it must go if it is to continue to grow and develop. Thus, the current volume is not simply a cosmetic update of the first edition, in which a handful of new references have been added to the same basic text. To the contrary, most of the contributors from the first edition have written completely new chapters, whereas the contributors who are new to this volume are providing a fresh perspective. In some ways, therefore, the two editions can indeed complement each other, rather than having the second edition make the first instantly obsolete.

Our secretarial staffs can document the problems involved in putting together a work of this size and scope. Anyone else who has ever been involved in such a task can also document that it cannot be done without dedicated and conscientious personnel. Once again, we would like to thank Mary Newell, who now is familiar with the preparation of second editions, and we also appreciate the efforts of Mary Dulgeroff. We owe special thanks and a

hearty welcome to Joan Gill, who recently joined Alan S. Bellack's staff, thereby inheriting a file cabinet drawer full of manuscripts and a lot of work. Finally, we appreciate the support and patience of Eliot Werner at Plenum Press.

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Philadelphia, Pittsburgh, and New Haven

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