

CALL *for* PAPERS

Principles of Behavior Change: The Compass for CBT

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Over 260 years ago, less than 10 miles down the Potomac River from the National Harbor, George Washington mastered the use of the compass and other surveying instruments. Washington's use of the compass

contributed to his adaptability in harsh environments and on the battlefield. When we meet in 2012, it will be 100 years since Watson coined the term "behaviorism." Watson, along with researchers before and after him, established behavior change principles that serve as a scientific foundation and a compass for our current behavioral and cognitive conceptual understandings. Given the contingencies of academic and clinical environments, researchers and clinicians often focus more exclusively on outcomes without explicit consideration of the behavior change principles that guided their efforts. However, just as Washington's use of the compass aided his success, as we adapt cognitive behavioral therapy to environments, such as traditional behavioral health clinics, primary care settings, web-based applications, or even the battlefield, it is important for our success to focus on the principles of behavior change, old and new, that guide our research and practice, wherever it occurs.

46th Annual Convention
November 15–18, 2012
National Harbor, MD

The theme for the 46th Annual Convention aims to increase the focus on the behavior change principles that will guide our future assessments, prevention strategies, and interventions. We encourage submissions for research symposia, clinical sessions, and workshops that highlight the search for, explication, and implementation of these basic principles. Special consideration will be afforded to those submissions that contribute to establishing new principles of behavior change or describe how existing principles served as a compass for development of projects and outcomes.

Submissions may be in the form of symposia, clinical round tables, panel discussions, and posters:

Symposia: Presentation of data, usually investigating efficacy of treatment protocol or particular research.

Panel Discussions and Clinical Round Tables: Discussion (sometimes debate) by informed individuals on a current important topic.

Poster Sessions: One-on-one discussions between researchers, who display graphic representations of the results of their studies, and interested attendees.

Information about the meeting can be found after January 1, 2012, on ABCT's website or in the January issue of *the Behavior Therapist*.

The deadline for submission is March 1, 2012.