COGNITIVE AND BEHAVIORAL PRACTICE

AUTHOR INFORMATION PACK

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DESCRIPTION

Cognitive and Behavioral Practice is a quarterly international journal with the primary mission of clinical dissemination: to bridge the gap between published clinical research and the actual clinical practice of **cognitive** and **behavioral therapies**. *Cognitive and Behavioral Practice* publishes clinically rich accounts of innovative assessment and therapeutic procedures that are clearly grounded in evidence-based practice. The primary focus is on application and implementation of procedures. Accordingly, topics are selected to address current challenges facing practitioners, both in terms of technique, process, and the content of treatment. To meet this goal, articles may include rich descriptions of clinical interventions, examples of client-therapist dialog, embedded video clips readers can view on line, and/or significant case descriptions. In addition to regular articles, the journal includes special series, case conferences, clinical commentaries, clinical reviews, and book reviews. Special series contain multiple manuscripts that center on a particular diagnostic category, population or therapeutic strategy. Case series contain a case description with authors responding to various aspects of the treatment approach. Clinical commentaries are brief articles (solicited and unsolicited) in which experts in the field comment on the most up-to-date clinical topics, controversies, or discoveries within their expertise. Clinical reviews are regular length review articles that focus specifically on clinical strategy and existing evidence base for that strategy. This journal is for the practicing mental health clinician, instructors, and researchers with an interest in the clinical dissemination of their findings. Continuing education examinations are included in each issue.

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Introduction
Cognitive and Behavioral Practice is a quarterly international journal with the primary mission of clinical dissemination: to bridge the gap between published clinical research and the actual clinical practice of cognitive and behavioral therapies. *Cognitive and Behavioral Practice* publishes clinically rich accounts of innovative assessment and therapeutic procedures that are clearly grounded in evidence-based practice. The primary focus is on application and implementation of procedures. Accordingly, topics are selected to address current challenges facing practitioners, both in terms of technique, process, and the content of treatment. To meet this goal, articles may include rich descriptions of clinical interventions, examples of client-therapist dialog, embedded video clips readers can view on line, and/or significant case descriptions. This journal is for the practicing mental health clinician, instructors, and researchers with an interest in the clinical dissemination of their findings. Continuing education examinations are included in each issue.

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Examples:
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Mettam, G. R., & Adams, L. B. (2009). How to prepare an electronic version of your article. In B. S. Jones, & R. Z. Smith (Eds.), *Introduction to the electronic age* (pp. 281–304). New York: E-Publishing Inc.

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Ensure that the following items are present:
One author has been designated as the corresponding author with contact details:
- E-mail address
- Full postal address
- Phone numbers

All necessary files have been uploaded, and contain:
- Keywords
- All figure captions
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Further considerations
- Manuscript has been 'spell-checked' and 'grammar-checked'
- References are in the correct format for this journal
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Rough Guide to Video in Articles for Cognitive and Behavior Practice

Getting started

Clearly the first thing required to create a video to supplement and expand your article is a video camera. This will need to be a digital video camera. Much of what we see on streaming videos, or video supplements, in articles and on YouTube is filmed on relatively inexpensive cameras, or even on webcams that are built in, or come with, a laptop, Mac, or PC.

Here is an example of a relatively inexpensive and versatile video camera:

http://www.theflip.com/products_flip_mino.shtml#scene=sceneMain

It comes with built-in software enabling you to easily edit and share videos, and save video files that easily exceed minimum quality specifications for videos in articles. Although you should, of course, not limit yourself to this particular camera. It may be that your department or school owns a better one. If you already have a PC or Mac with a built-in webcam, there is likely software already installed (e.g. iMovie on Macs) to help you create and edit videos.

Here is an example tutorial available on the Mac website

http://www.apple.com/findouthow/movies/

Remember - for a simple explanation or exposition video, editing may even not be required as it could be done in one take.

Video file size and length

Videos should not exceed 150 MB in size or 7 minutes in length. Large videos may be reduced in file size after filming using compression software.

Examples of existing videos

"Call for Videos" Editorial by Maureen Whittal, Editor in Chief

http://www.elsevier.com/wps/find/S05.cws_home/cbp_news

Cognitive Treatment of Obsessions: Enhancing Dissemination

With Video Components by Maureen L. Whittal, Melisa Robichaud and Sheila R. Woody

doi:10.1016/j.cbpra.2009.07.001

The Coping Cat Program for Anxious Youth: The FEAR Plan Comes to Life by Jennifer L. Podell, Matthew Mychailyszyn, Julie Edmunds, Connor M. Puleo, and Philip C. Kendall

doi:10.1016/j.cbpra.2009.11.001

After you have filmed (and possibly edited) your computer/software will save the file that it is set up for. The file that you save should have these minimum specifications below. Although they look complicated, the specifications that accompany the camera or the software should have this information for you to check. Most cameras (e.g. the Flip Mino above - go here http://www.theflip.com/store/Mino.aspx and click on "specifications") easily meet these specifications.

Frame rate: 15 frames per second minimum NTSC (4:3) size and frame rate, deinterlaced

Video Codec: MPEG2 or MPEG4 (MPEG4 preferred)

Video Bitrate: at least 260kbps (750kbps preferred)

Audio Codec: MP3 vbr

Audio Bitrate: at least 70kbps (128 kbps preferred)

When filming on a webcam, you will likely see options for settings such as these above. Set them as indicated, and where it is a scale setting (e.g. frames per second or bitrate) set these at the highest quality.

Format Extension Details

MPEG.mpg.mp4 - Preferred movie format

MPEG-1 or MPEG-2 or MPEG-4 format required

Set on highest possible quality

QuickTime.mov - Acceptable movie format

Set on highest possible quality

.AVI's are generally much larger (they are an older format) and sometimes require compression or reformatting to work. .MOV's and .MP4's seem to be the best regarding file size and ease of use, and generally you need QuickTime (a free download from Apple) or iTunes to view them.

Supplying material in one of the formats outlined above will ensure that the majority of potential users have the best chance of being able to access, view or play the data, both now and in the future.

Submitting the video

Please submit:

•EES Manuscript Number (e.g., CANDBP-D-00-00000)

•Video File ("Zipped" and protected using a "Protect Archive" feature)

•Video Number (e.g., 1 of 4)
•Video Caption

•Video Thumbnail for online version (optional)

•Higher-quality image file to act as thumbnail for print version (optional)

A captured frame from the video will stand as the "Icon" of the video when it is not playing. Instructions on how to capture a frame will be in your editing software.

If you do not submit one, the middle frame may very well be used as the default image. You may also submit a higher-quality "Icon" file for the print version if you wish.

Submit your videos online. The maximum allowable unload size for all submission files (cover letter, manuscript file, video files, etc.) is 2000 MB. Larger video files can be emailed separately as attachments or in a Zip file to bonnieb@bu.edu. If the videos are too large for emailing, then an FTP server or free online transfer service can be utilized. Contact cbpra@elsevier.com for further information.

These submission instructions may change as systems and methods develop, so please check back here regularly

When the article is published

The video will appear within the article, just like a graph or a figure, and will be just the static captured thumbnail in the print version.

AFTER ACCEPTANCE

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