

AIMS AND SCOPE

The International Journal of Short-Term Psychotherapy will bring together original and review articles in the whole spectrum of short term psychotherapeutic approaches, including short term dynamic therapies, cognitive therapies, family therapies, conjoint marital therapies, and group therapies.

The Journal aims to promote an exchange of ideas between the different approaches, and to encourage a fruitful integration of concepts and methods where this would lead to advances in the practical application of short term therapy.

Psychotherapists throughout the world are, increasingly, viewing the International Journal of Short-Term Psychotherapy as a leading forum for accounts of the scientific, practical and theoretical aspects of work in this field.

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Editorial Commentary

During the past 3 decades many systems of short term psychotherapy have developed. Some of these systems have provided powerful convergent evidence toward the conclusion that the short-term psychotherapeutic approach can treat patients who suffer from chronic and deep-seated problems and the therapeutic result can be profound and enduring. This obviously has important implications for the entire mental health professional community.

As Judd Marmor points out in Vol. 4 of this Journal, whenever a change of this kind takes place in the history of the movement there are serious dangers that it may be misused by those who are poorly trained or not trained at all. He also stated, 'the important principle is to make sure that these short-term dynamic approaches remain a scientifically focused discipline, backed by solid training and research'. These were my principal aims when I founded two complementary organizations: The International Institute for Teaching & Research in Short-Term Dynamic Psychotherapy and its scientifically affiliated Institutes, the purpose of which has been to ensure proper standards in practice and research in the field; and the International Journal of Short-Term Psychotherapy, with the aim both of maintaining scientific standards in the field and providing a vehicle for cross-fertilization of many different scientifically based approaches that now exist. This brought together a group of highly sophisticated workers on the Editorial Board of the Journal, based in North America and Europe, many of whom have made major contributions to its development during the past 5 years, and to them I remain grateful.

Now that the Journal has become established, the time has come to hand over the role of Editor-in-Chief. I am especially pleased that Dr. Paul J. Fink has consented to undertake this task, since with his distinguished academic background he is ideally suited to continue the aim that the Journal has set up to achieve. In particular, I hope he will broaden further the basis of the Journal, seeking articles from many different approaches and different scientifically based centers throughout the world. I am glad that the future of this important Journal lies in his hands.

H. Davanloo, M.D.