

### Looking to the Future of *Cognitive and Behavioral Practice*

COMMUNICATING the complexity of treatment strategies can be difficult using the written word. However, technology today offers us the opportunity to enhance our learning experiences through the use of multimedia platforms such as video. The addition of video provides the advantage of an alternate avenue to learn, similar to attending a training workshop without leaving your office or home. Imagine being able to access video segments that illustrate how to roll with resistance, setting up and debriefing behavioral experiments, or how to respond to ruptures in the therapeutic alliance. Given the potential advantages, I am pleased to introduce the opportunity to augment *C&BP* manuscripts with video components.

The first two issues of Volume 17 in 2010 will contain invited contributions to illustrate the various ways in which this new application can be utilized. Similar to making reference to Tables and Figures in the body of a manuscript, authors will now have the opportunity to embed video clips at key points in the paper. In the first issue of 2010, the *C&BP* editorial team, including myself, Associate Editors Steve Safren and Joaquin Borrego Jr., and Review Editor Sabine Wilhelm, along with our colleagues will be presenting manuscripts that include the use of video. In the second issue, outgoing Publications Coordinator Phil Kendall and Jack Rachman and their colleagues will be presenting their recent work, augmented with video components.

The purpose of these video components is to concretize a concept or to illustrate the specifics of a treatment strategy. The focus of the video should be the clinician and not the patient. Secondary to confidentiality, we ask that real patients not be used. As you will see in the invited manuscripts, the videos are shot with actors or manuscript collaborators. The number of clips will be up to the author, but the length of each video should not exceed 7 minutes. Similar to manuscripts, the video components will also undergo review. This review will be handled by the action editor upon acceptance of your manuscript.

To introduce the use of this technology, a video component is available and accompanies the electronic version of this manuscript. To access this video compo-

nent, simply click on the image visible below (online version only).



**Video 1.** Maureen Whittal, Ph.D., Editor, *Cognitive and Behavioral Practice* describing the use of video in manuscripts.

If you are interested in submitting a manuscript that includes video clips, look for detailed instructions in the "Guide for Authors" section on the *C&BP* website <http://www.elsevier.com/locate/cabp>. I believe that *C&BP* is the first psychology journal to make use of multimedia. It is my hope that it will enhance the visibility and utility of this unique journal.

In closing, I would like to thank you for your continued interest in the journal. I encourage you to continue submitting manuscripts (with or without videos) and reading the work of your colleagues. If you have feedback regarding the journal, be it positive or negative, we are always happy to hear it. Our ultimate goal remains the same: to be an enduring resource for scientist-practitioners interested in empirically supported approaches. With the imminent availability of multimedia manuscripts we hope to stay on the cutting edge, for at least a little while!

Supplementary data associated with this article can be found, in the online version, at [doi:10.1016/j.cbpra.2009.08.001](https://doi.org/10.1016/j.cbpra.2009.08.001)

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