

## **Editorial**

# **An Editorial Introduction to *Counseling and Clinical Psychology Journal***

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As founding editor, I am pleased to introduce *Counseling and Clinical Psychology Journal*, the second journal to be published by Individual Differences Research Group. The positive response to our first publication, *Individual Differences Research*, demonstrated two things: 1) there remains a dire need for additional, quality publications for researchers to present their work and 2) among these additional research outlets should be a journal publishing research meaningful to counseling and clinical psychology, which could arguably be described as including the largest number of psychologists. Therefore, relatively early in the publication of *Individual Differences Research* we began contemplating the development of a journal specific to counseling and clinical psychology. As such, although it is only now seeing the light of day, *Counseling and Clinical Psychology Journal* has been under development for almost one year.

The primary purpose of *Counseling and Clinical Psychology Journal* is to provide an outlet for researchers to communicate their research findings and research-based ideas. I openly invite researchers from all disciplines who are interested in research useful to counseling and clinical psychology to submit to our journal. By all disciplines, I refer not only to the sub-disciplines of psychology, but also disciplines such as medicine, psychiatry, nursing, marriage and family therapy, mental health practitioner education, rehabilitation, and health studies. I will attempt to remain flexible in judging whether or not content is appropriate for publication in this journal. However, under my editorship the preferred content of *Counseling and Clinical Psychology Journal* will always be papers which present information potentially useful to counseling and clinical psychology.

To provide an initial framework for submissions, I suggest the following topics as appropriate for submission to *Counseling and Clinical Psychology Journal*: (a) studies of the development, revision, or validity of assessment instruments useful in clinical practice, (b) psychopathology / mental illness: its development, diagnosis and/or assessment, correlates, and treatment, (c) "normal" processes in mentally unhealthy populations and unhealthy or unusual

behaviors in "normal" individuals, (d) clinical issues in different populations and different practice settings, (e) influences of change - mechanisms within and outside therapy, (f) standards of professional practice, (g) service delivery issues, (h) education and training of clinical practitioners, (i) activities of practitioners (assessment, supervision, interventions, prevention, psychoeducation, (j) career and vocational counseling and psychology, (k) investigations of clinical theory and its applications, (l) process and outcome research, (m) studies investigating the practitioner, the client, and practitioner-client matching, and (n) efficacy of interventions. It should be noted these topics are merely suggestions and are not exhaustive. Other areas may also potentially be useful for counseling and clinical psychology. For instance, articles promoting the understanding of social contexts and ramifications of some diseases may be useful for clinicians, even if those articles do not specifically provide information on the treatment of said diseases.

I am open to publishing research conducted through various means. However, there is a *slight* preference for empirical research over theoretical writings and literature reviews. We will consider empirical research conducted using various methodologies: quantitative, qualitative, or case studies. When appropriate, I also will solicit and publish peer commentary. Further, understanding that not all articles must be lengthy to be useful, I am interested in publishing brief reports and preliminary investigations. Regardless of the methodology or length of reports, each manuscript should adequately convey its intent, usefulness, predicted outcomes, provide enough information about the methodology to allow replication, results of data analyses, and a discussion of these results in the context of the existing literature and theories. Specific suggestions for practitioners are also encouraged. If the report is a theoretical writing or literature review, most of the aforementioned elements should still be included, except perhaps methodology and results of data analyses.

It is my hope that this brief introduction has provided you with some helpful information about *Counseling and Clinical Psychology Journal*. I would like to take this opportunity to thank all of those who have given their time and effort in the creation, development, and operations of this journal. I especially thank the editorial consultants, reviewers, and authors who have chosen to be a part of this journal.

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