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Editorial: Interfacing basic science with clinical practice: A Festschrift special issue for John
Teasdale

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It gives me great pleasure to introduce this special issue of *Behaviour Research and Therapy* as a Festschrift in honour of the work and career of John Teasdale, who is retiring this month from the Medical Research Council Cognition and Brain Sciences Unit in Cambridge, England, where he has been a research scientist and clinical psychologist for the past 19 years. John's work has focused principally on understanding the nature, causes, and treatment of clinical depression. From the late 1970s onwards his basic research programme has provided many valuable insights into the nature of cognitive processing in depression (e.g. Clark & Teasdale, 1982; Teasdale & Fogarty, 1979), including recent forays into functional brain imaging (Kumari et al., 2003; Teasdale et al., 1999). He has also made key theoretical contributions to the field with the learned helplessness model of depression (Abramson, Seligman, & Teasdale, 1978), his differential activation hypothesis (e.g. Teasdale, 1988; Teasdale & Dent, 1987), his comments on the reciprocal nature of cognition-affect relations in depression (e.g. Teasdale, 1983), and, most recently, his collaborative project with Phil Barnard on the Interacting Cognitive Subsystems (ICS) approach (Barnard & Teasdale, 1991; Teasdale, 1993, 1999; Teasdale & Barnard, 1993; Teasdale, 1997). This empirical and theoretical work has been contextualised throughout by a strong commitment to the refinement and development of psychological treatments for depression, along with other psychological problems. Initially, this strand of work was within the behaviour therapy tradition - John's PhD thesis was entitled "Habituation and desensitisation: an experimental and theoretical investigation", before John became one of the pioneers and innovators of cognitive therapy in the U.K. (e.g. Fennell & Teasdale, 1987; Paykel et al., 1999; Teasdale et al., 2001; Teasdale & Fennell, 1982). Most recently, he has co-developed a new treatment - Mindfulness-Based Cognitive Therapy (MBCT) - for depression-vulnerable individuals (Segal, Williams, & Teasdale, 2002; Teasdale, Segal, & Williams, 2003), with impressive initial success (Ma & Teasdale, 2004; Teasdale et al., 2000).

In between all of these many contributions and achievements, John seems to have found an abundance of time for what many of us will remember him most clearly for – time to be kind, patient, and happy in sharing his wisdom and experience, and above all time to enjoy what he does and to infect others with similar enthusiasm. The clearest beneficiaries of this approach to his life and work have been John's colleagues and friends. However, many hundreds whose paths

have crossed with John's at conferences and meetings, or during visits to Cambridge, can testify to the grace with which he has gone about his business.

John has studied and worked in only four places during his career (excluding his schooldays!), and colleagues from each of these stages of John's life have contributed to this Special Issue. John studied Natural Sciences at the University of Cambridge, England before heading off to the Institute of Psychiatry (IOP), in London, where he completed his clinical psychology training and his PhD and also worked as a lecturer, until 1971. At the IOP, John's first clinical supervisor was Jack Rachman who went on to supervise his PhD, and even persuaded John to co-author a book (Rachman & Teasdale, 1969). Jack has written a short commentary in this issue. John then 'emigrated' for a short time to Wales where he was a Principal Psychologist at the University Hospital in Cardiff, working as a clinician and head of department, before returning to a research post in Oxford, England, in 1974.

John worked in Oxford with Andrew Mathews (who indeed recruited him) (e.g. Mathews, Teasdale, Johnston, & Munby, 1977). Andrew was also a former colleague at the IOP, and was later to be a long-standing colleague in Cambridge. Coincidentally, Andrew is also retiring from the Cognition and Brain Sciences Unit this month. Andrew has contributed a paper to this Special Issue on the malleability of emotional encoding. As well as Andrew, John's colleagues and students in Oxford included Melanie Fennell (e.g. Fennell & Teasdale, 1987; Teasdale & Fennell, 1982), Mark Williams (e.g. Williams & Teasdale, 1982), and David Clark (e.g. Clark & Teasdale, 1982; Clark, Teasdale, Broadbent, & Martin, 1983), all of whom have also contributed papers to this special issue, reflecting John's influence on their own work and ideas. Melanie's paper discusses the potential areas of cross-fertilisation between 'traditional' cognitive therapy and MBCT. Mark Williams has co-authored a paper with Zindel Segal (with whom John later worked in developing MBCT) and Mark Lau, that discusses the differential activation hypothesis and its possible application to new clinical syndromes. Finally, David has contributed a thoughtful discussion of the way that his own research group approaches the questions of the nature and treatment of psychological problems such as panic disorder, social phobia and PTSD.

John returned to Cambridge, this time to the Applied Psychology Unit (later the Cognition and Brain Sciences Unit), in 1985, where he has been ever since. Both Andrew Mathews and Mark

Williams worked with John at different times in Cambridge, along with both Phil Barnard, who has contributed a paper on the thorny problem of how to develop formal theories that are useful for clinicians, and myself (I have contributed a paper co-authored with Mick Power on the use of emotion theory to identify PTSD-like reactions to different types of emotional events). During his time in Cambridge, John continued to liaise with the IOP and one of his students there, Ed Watkins, has contributed an empirical paper concerning the therapeutic effects of different forms of expressive writing.

As can be seen from just this short summary, John's has been a busy and fruitful career, leaving behind a wonderful legacy of ideas, data, and fond anecdotes (see the prescript to Melanie Fennel's paper!). His career is an exemplary illustration of how to bridge the gap between basic science and clinical practice and his work will inspire many future generations of researchers and clinicians. I am sure we all wish him a long and healthy retirement that is just as creative and rewarding.

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