

Perspectives on Complex Trauma

The Journal of the Complex Trauma Institute

Guidelines for submitting papers

If you are considering submitting an article to *Perspectives on Trauma*, the guidance below is intended to support you in deciding whether your work is a good fit for the Journal and how best to prepare your submission.

General Principles

Perspectives on Trauma is a **peer-reviewed journal** that especially encourages **clinicians to write for clinicians**. As practitioners ourselves, we recognise how challenging it can be to find the time, confidence, or support needed to write for publication. We therefore warmly invite clinicians to consider sharing their clinical experience, particularly in the form of **case studies** and **reflective practice articles**.

To support this, we provide:

- a **case study template** with a clear structure to guide writing, and
- a **monthly peer-support writing group**, offering feedback, encouragement, and collegial support throughout the writing process.

If you are writing from an academic or research background, please be assured that your contributions are equally welcome. The Journal values dialogue between **clinical practice and academic research**, and we actively encourage submissions that bridge these domains.

Aims and Scope of the Journal

The purpose of *Perspectives on Trauma* is to advance the mission of the **Complex Trauma Institute**: to empower professionals working with trauma by promoting theoretical frameworks and practical approaches that are often under-represented in core clinical training. The Journal provides a space for therapists, researchers, and practitioners to explore and develop models for understanding trauma that are:

- grounded in contemporary theory, and
- informed by clinical and practice-based experience.

We particularly support the integration of **embodied practice**, including somatic, neurobiological, systemic, and community-based approaches. These perspectives deepen understanding of the physiological and relational dimensions of trauma and help clinicians recognise and respond to body-based survival responses. By promoting non-invasive, theoretically grounded, and relationally attuned methods, the Journal aims to reduce the risk of re-traumatisation and support long-term recovery — not only for individuals, but also within the wider systems that hold them.

Alongside the Journal, the Complex Trauma Institute also hosts regularly Annual Conferences and an online Forum for professional dialogue and interest sharing.



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Writing Style and Tone

We ask authors to write in **clear, plain English**, avoiding unnecessary jargon. Where technical terms are used, these should be explained, particularly where meanings may differ across therapeutic orientations.

Although our primary audience is professional, authors are encouraged to write in a way that a **well-informed lay reader** could also follow. Differences of opinion and critical discussion are welcome, but should always be conducted in a **respectful and non shaming manner**.

Article Type Identification

To ensure clarity for readers, reviewers, and indexers, all authors must clearly identify the **article type** at the top of their manuscript. Please include this **below the title and author information, and before the abstract**.

Example:

The Confusion in Language within the Literature of Trauma

Article type: Reflective Practice Article

If you are uncertain which category best fits your submission, please indicate your preferred category at submission. The Editorial Team may adjust the classification during review to ensure consistency across issues.

Article Type	Purpose / Focus	Typical Length
Research Article	Original empirical studies using quantitative, qualitative, or mixed methods to advance trauma theory or practice. Includes applied clinical or pilot research.	Up to 5,000 words
Theoretical and Conceptual Paper	Develops or analyses theoretical models, frameworks, or integrative perspectives on trauma, without new data but grounded in scholarly sources.	Up to 4,000 words
Case Study	In-depth analysis of a single case (individual, group, family, or organisation) illustrating clinical formulation, intervention process, and outcomes.	Up to 3,000 words
Review Article	Synthesises and evaluates existing literature on a trauma-related topic, identifying gaps and directions for future research.	Up to 4,000 words
Practice & Training Guide	Describes trauma-informed practices, training models, or intervention protocols in a structured, evidence-informed format.	Up to 3,000 words
Policy Insight / Commentary	Analytical discussion linking trauma theory or evidence to mental-health policy, systems, or inter-agency collaboration.	Up to 2,500 words
Reflective Practice Article	A reflective, analytical discussion linking clinical experience, observations, or professional insight with relevant theory or evidence; often practice-based and concept-driven.	Up to 2,000–3,500 words
Short Communication / Brief Report	Concise empirical or methodological contributions (e.g. pilot studies, preliminary findings, focused analyses).	Up to 2,000–2,500 words

If you are uncertain which category fits best, please note your suggestion at submission; the Editorial Team may adjust it during review to ensure consistency across issues.



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Technical Requirements

- Submissions should be provided in **Microsoft Word**, using **Arial, 12-point font**.
- All articles should include:
 - an **abstract** (up to 200 words),
 - an **introduction**,
 - a **main body**,
 - a **conclusion**, and
 - **references**.
- Shorter articles should include sufficient referencing to allow readers to follow up on key ideas. Full and comprehensive referencing is expected for longer articles.
- **APA style** should be used for referencing and in-text citations (e.g. *Field, 2005; Field, 2005, p. 14* for direct quotations).
- Please include a **word count** with your submission.
- Any images, photographs, or diagrams that are not your own must be used with permission or fully attributed.
- Authors may include their **professional role and email address** if they wish this to be published alongside their article.

