

Guidelines for submitting papers

If you are thinking of submitting an article to 'Perspectives on Complex Trauma', you may find the following thoughts helpful:

General principles:

We are a **peer-reviewed journal** that especially encourages **clinicians to write for clinicians**. As practitioners ourselves, we know how difficult it can be to find the time, confidence, or support to write for publication. That's why we warmly invite you to consider sharing your clinical experience in the form of a **case study**. To make this easier, we've provided a **case study template** with a clear structure to guide your writing. We also host a **monthly peer support writing group**, where you can connect with others, get feedback, and receive encouragement throughout the process.

And if you represent **academia**, please let us reassure you — we still need you. We very much welcome and look forward to receiving your contributions as well.

The purpose of the Journal is to advance the mission of the **Complex Trauma Institute**, which is to empower professionals working with trauma by promoting both theoretical frameworks and practical approaches often missing from core clinical trainings. The Journal offers therapists and researchers a space to explore and develop models for understanding trauma, grounded in contemporary theory and informed by clinical experience. We particularly support the integration of **embodied practice**, drawing on **somatic, neurobiological, systemic, and community-based** approaches. These perspectives deepen our understanding of the **physiological and relational dimensions** of trauma and help clinicians recognise and respond to the **body-based survival responses** at its core. By promoting **non-invasive, theoretically grounded, and relationally attuned methods**, the Journal seeks to reduce the risk of re-traumatisation and support long-term recovery — not only for individuals but also across the wider systems that hold them.

Along with the online Forum, the Journal provides a space for sharing insights, discoveries and interests focused around our shared struggle to offer help to those who are in most need of care, but whose experiences have taught them to distrust their caregivers.

If we are to share in a supportive manner, it is important that we write in clear, plain English, avoiding jargon and explaining necessary technical terms which might be obvious to those from one therapeutic orientation, but obscure to those from another. While we may have therapists in mind as our audience, we should aspire to write in such a way that a layperson could make immediate sense of what we are saying. Disagreements should be conducted in a respectful and non-shaming manner.

Article Type Identification



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To ensure clarity for readers and reviewers, all authors are asked to **identify the article type** at the top of their paper. Please include this directly **below the title and author information, and before the abstract**.

Example:

The Confusion in Language within the Literature of Trauma.

Article type: Reflective Account

This helps readers, reviewers, and indexers immediately understand the focus and purpose of the article. Below is a list of article types accepted by *Perspectives on Complex Trauma* with brief descriptions to help you decide which best fits your work:

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

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.

Length and Type of Articles:

- 'Long Read' papers which might be dissertations, draft book-chapters, or simply ideas or experiences that take some time to explain (up to 5000 words)
- Articles covering research projects or developing theoretical ideas, or articles explaining trauma approaches or techniques, and illustrating these with a case study (up to 3000 words)



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- Personal experience stories describing a journey from initial training to an understanding and appreciation of trauma-informed practice (up to 1200 words)
- Brief 'interest sharing' articles which could simply be your thoughts, reflections, learnings and discoveries. These could be, for example, writing about a book that influenced you (not a book review, but what *you* learned from the book), a really helpful training course, a film that helped you understand something about yourself or your work, or your learnings about self-care. (up to 1000 words, but as short as you like)

Technical:

- Please submit papers in Microsoft Word, Arial, 12 Font.
- Your article (long or short) should include an abstract (up to 200 words), introduction, main body, conclusion and references.
- Short articles should provide sufficient referencing to allow readers to follow up on ideas discussed, but full referencing is expected for longer articles.
- APA style Referencing should be used. Information on in text referencing APA in-text citation style uses the author's last name and the year of publication, for example: (Field, 2005). For direct quotations, include the page number as well, for example: (Field, 2005, p. 14)
- Please include a word-count.
- Please ensure that any photos or diagrams used in submitted papers which are not your own are used with permission or fully attributed.
- Please provide your role and email address if you would like this to be published alongside your article.