

# Perspectives on Trauma

The Journal of the Complex Trauma Institute

## 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:**

The purpose of the Journal is to further the aims of the Complex Trauma Institute to provide therapists with a model for thinking about trauma and approaches to trauma therapy which might have been absent from core trainings. It particularly supports the development of embodied practice, encouraging understanding, awareness and improved regulation of the physical reactions and sensations which are the core of the experience of trauma, and highlighting non-invasive approaches which reduce the risk of re-traumatisation.

It encourages a way of thinking about trauma that does not pathologize the individual, but that understands the impact on the human autonomic nervous system of fear, neglect, violence, abuses of power, and imbalances in wealth built into the structures of our society.

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.

### **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 particular 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.
- Harvard Referencing should be used (lots of information online, but <https://www.kent.ac.uk/learning/resources/studyguides/harvardreferencingquickguide.pdf> is simple and clear)
- 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.