

Notes to Contributors

ATTACHMENT: New Directions in Psychotherapy and Relational Psychoanalysis is a peer-reviewed professional journal for psychotherapists and counsellors published by The Bowlby Centre, formerly The Centre for Attachment-based Psychoanalytic Psychotherapy. We welcome contributions that further attachment-based relational psychotherapy and counselling from colleagues of all clinical orientations. *Attachment* is a professional journal, and, as such, we encourage colleagues to submit accounts of clinical work, poems, personal experiences, and reviews of books, films, and exhibits, which are consistent with our values, and that they feel can make a contribution to the ongoing development of an attachment and relational approach to clinical work.

Our values for clinical work are:

- We believe that mental distress has its origin in failed or inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in a social world that includes poverty, discrimination, and social inequality. The effects of the social world are a necessary part of the therapy.
- Psychotherapy should be available to all, and from the attachment perspective, especially those discriminated against or described as 'unsuitable' for therapy.
- Psychotherapy needs to be provided with respect, warmth, openness, a readiness to interact and relate, and free from discrimination of any kind.
- Those who have been silenced about their experiences and survival strategies need to have their reality acknowledged and not pathologised.

Colleagues considering a submission to the journal may find it useful to contact the editor, Orit Badouk Epstein, orit_badouk@hotmail.com, with a sketch of their idea. We will work with all interested authors and in no case will we reject a submission without consultation with the author. We are mindful of the sensitivity of clinical work and the feelings of colleagues that writing about their work risks objectifying the therapeutic relationship. We take the view, however, that exchanges between colleagues about clinical work are essential to the development of our field and is in the best interests of our clients. Colleagues are encouraged to contact Orit Badouk Epstein, orit_badouk@hotmail.com, to discuss these or any other concerns they may have about writing.

Instructions to contributors

Procedure for submissions

Articles should be typewritten, using double spacing, in Microsoft Word format.

All contributions should be addressed to the Editor and sent to Orit Badouk Epstein, orit_badouk@hotmail.com

Submissions of full papers, including abstract and references, should be a maximum of 8,000 words in length. They should comprise two files, to assist in the editorial review process:

- 1) The first should include the paper, together with its title, a list of keywords, a list of references, and an abstract.
- 2) The second should include a cover page for the paper with its title, the author's name and contact details (including postal and email addresses), and a brief biographical summary of up to 150 words. For clinical reports, please include the name and e-mail address of one colleague who can serve as one of three referees.

Language: Contributions should be written in English. Authors may choose to use British English or American English in first drafts, but please note final published material will be in British English.

Abstracts: All papers must be accompanied by an abstract. This should be a maximum of 200 words.

References: Please see detailed instructions at the end of these guidelines.

Artwork: The inclusion of figures and images in contributions must be approved by the editor. If the editor agrees, then the following applies. Unless otherwise agreed in advance, all artwork must be submitted in black and white.

FORMAT: The preferred format is high-resolution PDFs, TIFF or JPEGs (please note that any JPEGs downloaded from the internet will only be 72dpi and too low resolution).

RESOLUTION: black and white artwork (bitmap): 600 dpi. Photographs or any shaded matter (greyscale): 300 dpi. Fine tints in the artwork are not allowed as they do not reproduce well once printed.

IMPORTANT: Graphics embedded in the Word file will not be of sufficient resolution for print-quality; they are useful as a guideline for positioning and identification purposes only. Therefore, please ensure that all graphics are supplied separately in PDF, TIFF or JPEG format, as specified above, in addition to being embedded in the Word document.

See the "Permissions" section below regarding the reproduction of others' work.

Author's declaration: Authors are asked to complete and send with their manuscript an "author's declaration" confirming confidentiality, originality, and copyright. A template of this declaration can be found at the end of the next page.

Confidentiality and consent: Contributors are expected to use all possible means of assuring the confidentiality of those about whom they write, such as disguising significant aspects of the case material. Alternatively, authors should acquire their subjects' consent. In general terms, contributors are required to follow the procedure adopted in their own countries which govern the conduct of their work with human or animal subjects. If requiring further advice, authors are invited to discuss these matters with a member of the journal's International Advisory Board in their country.

Originality: Papers submitted for publication are accepted on the understanding that they are the author's / authors' own work and that where the work of others is referred to or quoted, this is clearly attributed. Papers should not have been published elsewhere or be currently submitted to other publications.

Peer review: All papers will be subject to peer review. In order to preserve anonymity in this process, the authors should supply the editor with two separate documents, as detailed above. When assessing the acceptability of the submission, peer reviewers are asked to consider the following questions:

- Is the paper readable, accessible, and interesting?
- Does it make appropriate use of psychoanalytic theory?
- Does it make appropriate use of attachment theory and psychoanalytic theory?
- Is there appropriate use of case material?
- Does it make a contribution to learning about attachment?

Copy dates: Whilst the Editor will welcome contributions at any time, authors should note that final copy dates for forthcoming issues will normally be on 1 February and 1 August of each year.

Editorial procedure: We attempt to give writers first feedback within one month of submission. We will never reject a submission without consultation with the author, but not all papers can be accepted for publication. In the interests of clarity and style, we reserve the right to sub-edit manuscripts, but all changes will be cleared with authors before publication to ensure that meanings have not been changed. We encourage the use of inclusive language and non-medical descriptions of mental pain.

Attachment: New Directions in Psychotherapy and Relational Psychoanalysis

Author declaration

Title of paper:

Author(s):

[For jointly authored papers, each named author must submit a signed author declaration]

I confirm that:

1. This paper has not been published before (unless it is made clear that the paper is a reprint and appropriate permissions have been obtained), nor has it been submitted elsewhere for publication.
2. I confirm that the paper submitted is an original work that is all the author's/authors' own work, with the exception of quoted material or where the work of others has been referred to and these are clearly attributed to the original author(s).
3. Confidentiality has been preserved in relation to any clinical material used and I have used all possible means of assuring the confidentiality of those about whom I write or I have the subjects' consent to write about them.
4. I accept full responsibility for any action that might be taken in connection with the paper, and indemnify the journal and its publisher from any related liability or claim.

Signed:

Name:

Date:

Please ensure that this form is signed and returned with your manuscript when you submit it.

CHECKLIST FOR SUBMISSION

Please be sure to include:

- 1) File containing:
 - Your paper
 - List of keywords
 - List of references
 - Abstract.
- 2) File containing:
 - Cover page of paper
 - The author's name and contact details
 - Biographical summary.
- 3) Completed Author declaration.

References and quotations of text should be compiled as follows:

QUOTATIONS AND COPYRIGHT/PERMISSION TO REPRINT

Quotations

Quotations from other sources must be typed precisely as the original, including any errors, typographical or otherwise. They should then be double-checked against the original to ensure that they are identical. For all quotations, the page numbers must be provided in parentheses immediately following the quotation.

Quotations of four or more lines should be typed as a separate paragraph, with a line space above and below. Deleted material is replaced with three points of ellipsis, with a space on either side.

Permissions

Written permission must be obtained for the use of all previously published material that is in copyright but of which you are not the copyright holder. As a general rule, permission must be obtained for the following:

1. more than 500 words (cumulative) from the same book, or
2. more than 300 words (cumulative) from the same article or paper;
3. significant material complete in itself (maps, charts, tables, figures);
4. more than one line of a short poem, or a few lines from a long one;
5. any words or music of a copyrighted song.

The term of copyright is the life of the author plus 70 years.

For any previously unpublished paper, lecture, etc., a written consent to publish must be obtained from each contributor or discussant.

Full credit must be given for each permission granted. If the holder of the copyright indicates a preferred form, this must be followed exactly. The credit line and acknowledgement should be given in an Acknowledgements section before the References.

Verbal communications should also be acknowledged.

If you are the holder of the copyright, permission is usually not necessary, but credit to the original publication must nevertheless be given.

REFERENCING STYLE

Below is a detailed explanation of the style for each type of publication. Please ensure that your references are listed in this exact format before submission, including the use of commas, full stops, colons, and all other punctuation.

Authored book

Include in the reference the following information in this order

[**Author's surname, followed by initial(s)** – list all authors; do not use et al. (Year of publication--in parentheses). Title of Work (italicised). City of publication (anglicised): Publisher (main name only).]

Example:

Sklar, J. (2019). *Dark Times: Psychoanalytic Perspectives on Politics, History, and Mourning*. Bicester, England: Phoenix. [not Phoenix Publishing House]

Note: when an entire edited book is cited, the names of the book's editor(s) should be in the author position, but with the abbreviation Ed. or Eds. in parentheses immediately after the last author's name, e.g.

Samuels, A. (Ed.) (1989). *Psychopathology: Contemporary Jungian Perspectives*. London: Karnac.

Detail for each element of the reference

Book authors (or editors, in the case of an edited book): Alexandris, A., & Vaslamatzis, G.

1. All authors' names should be surname followed by initials as in the example above; give surnames and initials for all authors, regardless of the number of authors. List all authors; do not use "et al." irrespective of number.
2. Use commas to separate authors and to separate surnames and initials; with two or more authors, use an ampersand (&) before the last author. This means that there is always a comma before the ampersand.
3. Spell out the full name of a corporate author (e.g., World Health Organization not WHO).

Date of publication: (1993).

1. Give the year the work was copyrighted (for unpublished works, this is the year the work was produced). For magazines and newspapers, give the year followed by the month and day, if any.
2. Enclose the date in parentheses.
3. Finish the element with a full stop after the closing parenthesis

Book title: *Countertransference: Theory, Technique, Teaching*.

1. Capitalise all main words.
2. Italicise the title. If the reference is to a volume (e.g., Volume 1), that should be placed in parentheses after the title, also in italics.
3. Enclose additional information necessary for identification and retrieval (e.g., 3rd edn) in parentheses immediately after the title. Do not use a full stop between the title and the parenthetical information.

4. In two-part titles, use Arabic numerals, not Roman numerals, unless the Roman numeral is part of the published title.
5. Finish the element with a full stop.

Publication information: Bicester, England: Phoenix.

1. Give the city and, if the city is not well known for publishing or could be confused with another location, the country (or US state) where the publisher is located. For US publishers, use US Postal Service abbreviations for states (see list). Use a colon after the location.
2. Give the name of the publisher in as brief a form as is intelligible. Spell out the names of associations and university presses, but omit any superfluous terms such as Publishers, Co., Inc., or Ltd that are not required for easy identification of the publisher.
3. If two or more publisher locations are given, give the location listed first in the book or, if specified, the location of the publisher's home office.
4. Finish the element with a full stop.

Chapter in an edited book

Include in the reference the following information in this order

[**Author's surname, initials.** (Year of publication) Title of article or chapter. In: Initial(s) and name(s) of editor(s), Title of Work (italicised) (pp. 00-00). City of publication (and state, if an American publication): Publisher.]

Example:

Frey-Wehrlin, C. T., Bosnak, R., Langegger, F., & Robinson, C. (1978). The treatment of chronic psychoses. In: A. Samuels (Ed.), *Psychopathology: Contemporary Jungian Perspectives* (pp. 205-212). London: Karnac, 1989.

Chapter authors: Frey-Wehrlin, C. T., Bosnak, R., Langegger, F., & Robinson, C.

1. All authors' names should be surname followed by initials as in the example above; give surnames and initials for all authors, regardless of the number of authors. List all authors; do not use "et al." irrespective of number.
2. Use commas to separate authors and to separate surnames and initials; with two or more authors, use an ampersand (&) before the last author. This means that there is always a comma before the ampersand.
3. Spell out the full name of a corporate author (e.g., World Health Organization not WHO).
4. If a reference is to an entire edited book, see Note under "Example" in "Authored book", p. 8.

Date of publication: (1978).

1. Give the year the work was copyrighted (for unpublished works, this is the year the work was produced). (For magazines and newspapers, give the year, with the day and month at the end of the entry, after the title of the publication.)
2. Enclose the date in parentheses.
3. Finish the element with a full stop after the closing parenthesis.

Chapter title: The treatment of chronic psychoses.

1. Capitalise only the first word of the title and any proper names; do not italicise the title or place quotation marks around it.
2. Use Arabic numerals, not Roman numerals, in two-part titles unless the roman numeral is part of the published title.
3. Enclose non-routine information that is important for identification and retrieval in brackets immediately after the article title (e.g., [Letter to the editor]). Brackets indicate a description of form, not a title.
4. Finish the element with a full stop.

Book editor: In: A. Samuels (Ed.),

1. Do not invert the name: use initials followed by surname.
2. Give initials and surnames for *all* editors, regardless of the number of editors.
3. With two names, use an ampersand (&) before the last name and do not use commas to separate the names. With three or more names, use an ampersand before the last name and use commas to separate the names.
4. Identify the editor(s) by the abbreviation "Ed." or "Eds." in parentheses after the surname. To identify a translator, use "Trans." in parentheses after the surname.
5. Finish the element with a comma.

Book title and article or chapter page numbers: *Psychopathology: Contemporary Jungian Perspectives* (pp. 205-212).

1. Capitalise all main words.
2. Italicise the title. The volume number (e.g., Volume 16) follows the title and is also italicised.
3. Enclose additional information necessary for identification and retrieval (e.g., 3rd edn) in parentheses immediately after the title. Do not use a full stop between the title and the parenthetical information.
4. In two-part titles, use Arabic numerals, not Roman numerals, unless the Roman numeral is part of the published title.
5. Give inclusive page numbers of the article or chapter in parentheses after the title.
6. Finish the element with a full stop.

Publication information: London: Karnac, 1989.

1. Give the city and, if the city is not well known for publishing or could be confused with another location, the country (or US state) where the publisher is located. For US publishers, use US Postal Service abbreviations for states (see list). Use a colon after the location.
2. Give the name of the publisher in as brief a form as is intelligible. Spell out the names of associations and university presses, but omit any superfluous terms such as Publishers, Co., Inc., or Ltd that are not required for easy identification of the publisher.
3. If two or more publisher locations are given, give the location listed first in the book or, if specified, the location of the publisher's home office.

4. Give date of publication of book in which chapter appears only if different from original publication date.
5. Finish the element with a full stop.

Periodical

Include in the reference the following information in this order

[Author's surname, followed by initials. (Year of publication). Title of article. Name of Journal, vol. no. (italicised), inclusive pages of article. (Journal titles in the reference list should be spelled out in full.)]

Example:

Bernstein, I., & Glenn, J. (1988). The child and adolescent analyst's reaction to his patients and their parents. *International Review of Psycho-Analysis*, 15: 225–241.

Article authors: Bernstein, I., & Glenn, J.

1. Invert all authors' names; give surnames followed by initials for all authors, regardless of the number of authors.
2. Use commas to separate authors and to separate surnames and initials; with two or more authors, use an ampersand (&) before the last author.
3. Spell out the full name of a corporate author (e.g., World Health Organization not WHO).
4. In a reference to a work with no author, move the title to the author position, before the date of publication, and treat the title like a book title (see elements of a reference to an entire book).
5. Finish the element with a full stop. In a reference to a work with a corporate author, the full stop follows the corporate author. In a reference to a work with no author, the full stop follows the title, which is moved to the author position. (If an author's initial with a full stop ends the element, do not add an extra full stop.)

Date of publication: (1988).

1. Give the year the work was copyrighted (for unpublished works, this is the year the work was produced). For magazines, give the year; for newspapers, give the year followed by the month and day.
2. Enclose the date in parentheses.
3. Write "in press" in parentheses for articles that have been accepted for publication but that have not yet been published. Do not give a date unless the article has actually been published.
4. Finish the element with a full stop after the closing parenthesis.

Article title: The child and adolescent analyst's reaction to his patients and their parents.

1. Capitalise only the first word of the title and of the subtitle, if any, and any proper names; do not italicise the title or place quotation marks around it.
2. Use Arabic numerals, not roman numerals, in two-part titles unless the roman numeral is part of the published title.

3. Enclose non-routine information that is important for identification and retrieval in brackets immediately after the article title (e.g., [Letter to the editor]). Brackets indicate a description of form, not a title.
4. Finish the element with a full stop.

Journal title and publication information: *International Review of Psycho-Analysis*, 15: 225– 241.

1. Give the journal title in full, in Capital and lower-case letters; italicise the title.
2. Give the volume number and italicise it. Do not use Vol. before the number. If, and only if, each issue begins on page 1, give the issue number in parentheses immediately after the volume number.
3. Give inclusive page numbers. Use pp. before the page numbers in references to newspapers and magazines, but not in references to journal articles.
4. Use commas to separate the parts of this element.
5. Finish the element with a full stop.

Abbreviations for US states and territories

AL	Alabama	KY	Kentucky	OH	Ohio
AK	Alaska	LA	Louisiana	OK	Oklahoma
AS	American Samoa	ME	Maine	OR	Oregon
AZ	Arizona	MD	Maryland	PW	Palau
AR	Arkansas	MH	Marshall Islands	PA	Pennsylvania
CA	California	MA	Massachusetts	PR	Puerto Rico
CO	Colorado	MI	Michigan	RI	Rhode Island
CT	Connecticut	MN	Minnesota	SC	South Carolina
DE	Delaware	MS	Mississippi	SD	South Dakota
DC	District of Columbia	MO	Missouri	TN	Tennessee
FM	Federated States of Micronesia	MT	Montana	TX	Texas
FL	Florida	NE	Nebraska	UT	Utah
GA	Georgia	NV	Nevada	VT	Vermont
GU	Guam	NH	New Hampshire	VA	Virginia
HI	Hawaii	NJ	New Jersey	VI	Virgin Islands
ID	Idaho	NM	New Mexico	WA	Washington
IL	Illinois	NY	New York	WV	West Virginia
IN	Indiana	NC	North Carolina	WI	Wisconsin
IA	Iowa	ND	North Dakota	WY	Wyoming
KS	Kansas	MP	Northern Mariana Islands		