

Hypnotherapy Today

Editorial Guidelines

Hypnotherapy Today is an online publication of the Australian Society of Clinical Hypnotherapists (ASCH), showcasing articles that address the current, trending, specific mental health, and wellbeing interests of a broad target audience. **Hypnotherapy Today** aims to provide expert insights and evidence-based mental health and wellbeing information with a reader-friendly tone, backed by sound research and practices.

The ASCH welcomes contributions of written articles from a wide range of mental health professionals and individuals with expertise, experience, or insights related to therapy in mental health and wellbeing:

- Qualified therapists who belong to a reputable Association e.g. ASCH, Australian Counselling Association (ACA), Australian or International Associations
- Researchers and Academics involved in mental health research
- Mental Health Advocates
- Allied Health Professionals promoting overall mental health and wellbeing
- Community Mental Health Experts.

Legal Disclaimer

Articles submitted for publication in **Hypnotherapy Today** must adhere to Australian privacy and copyright laws, maintain ethical standards, protect individuals' privacy, and avoid legal issues related to privacy breaches and copyright infringement.

The ASCH makes reasonable efforts to compile accurate information in **Hypnotherapy Today**. However, the ASCH makes no representations, warranties or guarantees, whether express or implied, that the content in **Hypnotherapy Today** is accurate, complete or up-to-date. As publisher, the ASCH, does not accept liability or responsibility for any action arising out of the information contained in **Hypnotherapy Today**.

Article categories

All submissions of articles to **Hypnotherapy Today** must provide accurate and reliable information while adhering to ethical standards and the copyright and privacy laws of Australia.

- **Behavioural Change:** Alcohol and Other Drugs (AOD), quit smoking/vaping, weight management, stress reduction, etc.
- **Emotional Healing:** anxiety, phobias, trauma, grief, low self-esteem, etc.
- **Performance Enhancement:** sports, public speaking, creativity, academic or professional achievement, overcoming performance anxiety, etc.
- **Personal Development:** confidence building, motivation, goal setting, decision-making, and overall wellbeing, etc.
- **Pain and Health Management:** manage health and wellbeing by alleviating physical and psychological discomfort e.g. pain management or other discomforts associated with medical conditions such as cancer.
- **Time-Line:** Past Life Regression or Future Life Progression: addressing issues or experiences that are believed to originate from the past or addressing future life plans
- **Reviews:** books, films, online resources, Mental Health Apps

Focus

- **Educational:** adds evidence-based knowledge to the therapy field.
- **Reviews:** latest research, book or article reviews that inform and advance current therapeutic processes.
- **Opinion:** backed by current research or significant evidence regarding current or emerging therapy practices, e.g. teen vaping, Psychoneuroimmunology (PNI).
- **Surveys:** that aim to capture and report on data for mental health or wellbeing areas that address current or emerging therapy practices.
- **Features:** specific therapy or practitioner features that offer a different lens of current knowledge.

Content

1. All articles submitted must be:
 - final copy and fully edited;
 - original; and
 - must not have been previously published or be under consideration by another publication.
2. Word Length: 1,000 - 2,500 words with a:
 - synopsis of 20 - 50 words; and
 - bio of 80 - 120 words bio with the author's name and title; and
 - high-quality headshot (digital picture) approximately 453x453 pixels

3. Format: submissions must be in MS Word, Arial 12 pt with 1.5 spacing for editing purposes.
4. Editing: all articles submitted will be subject to review by **Hypnotherapy Today's** editorial team.
5. Images and graphics: are recommended with your submission. However, **Hypnotherapy Today's** editorial team will review images for suitability.
6. Research and Credibility: research submissions must be based on evidence-based research, reputable sources, and current best practices.
7. Attribution and Citations: credit the original authors when referencing research, studies, or other works. Use proper citation formats consistently throughout the article.
8. Language: must be presented in a professional, yet accessible tone using plain language that avoids excessive jargon. If technical terms are used, please provide clear explanations.
9. Ethics and Confidentiality: all sensitive information about individuals must be de-identified, respecting the individual's confidentiality and in accordance with ethical guidelines.
10. Inclusivity and Cultural Sensitivity: submissions must be inclusive and sensitive to cultural, gender, and social diversity.

Privacy and Copyright Laws

Privacy Guidelines

1. All submissions must comply with the Privacy Act 1988 (Australia).
2. Informed Consent: before submission, written, explicit consent to use an individual's information must be obtained and a copy attached to the submission. This consent must ensure that the individual understands the information that will be submitted to **Hypnotherapy Today** and potentially published.
3. Anonymisation and Pseudonyms: when sharing case studies or personal experiences, use pseudonyms or fictional names to protect individuals' privacy.
4. Sensitive Information: refrain from including sensitive personal information, such as health details, financial data, or other intimate details.
5. Editorial Review: submissions must comply with ASCH privacy guidelines.

Copyright Guidelines

1. All submissions must comply with the Copyright Act 1968 (Australia).
2. Original Content: ensure all articles and materials submitted to the magazine are original works, and contributors hold the copyright to their submissions.

3. **Permission for Use:** obtain explicit permission from copyright holders before using copyrighted material, such as images, illustrations, or excerpts from books or research papers.
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