

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.