

**Journal of Holistic Healthcare**  
***Medicine as if people matter***

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**Guidelines for contributors**

**About the journal**

The *Journal of Holistic Healthcare* is a UK-based journal focusing on evidence-based holistic practice and the practical implications of holistic health and social care. Our target audience is everyone concerned with developing integrated, humane healthcare services. Our aim is to be useful to anyone who is interested in creative change in the way we think about health, and the way healthcare is practised and organised.

Our basic assumption is that holism can improve healthcare outcomes and will often point to cost effective ways of improving health. Holistic healthcare can be understood as a response to our turbulent times, and medicine's crisis of vision and values; an evolutionary impulse driving individuals and organisation to innovate. But when complex and creative adaptations do occur, these ideas, experiences and social inventions don't always take root. Though they might be the butterfly wingbeats that could fan the winds of change, even crucial seeds of change may fail to germinate when isolated, unnoticed and lacking the oxygen of publicity or vital political support. Some of these ideas and social inventions have to be rediscovered or reinvented, and thrive once the culture becomes more receptive – or more desperate for solutions.

The *JHH* sees holism as one such idea, a nest of notions whose time has come. So we want the journal to be a channel for publishing ideas and experiences that don't fit easily into more conventional mainstream journals, because by making them visible, their energy for change becomes available to the system.

The journal's themes include the theory and practice of mind-body medicine; every aspect of whole person care – but especially examples of it in the NHS; patients' participation in their own healing; inter-professional care and education; integration of CAM and other promising new approaches into mainstream medicine; health worker wellbeing; creating and sustaining good health – at every level from the genome to the ozone layer; environment health and the health politics of the environment; diversity and creativity in healthcare delivery, as well as holistic development in organisations and their management: a necessarily broad remit.

### **Writing for the journal**

We intend the journal to be intensely practical; displaying not only research, but also stories about holism in action. Personal viewpoint and theoretical articles are welcome too, providing they can be illuminated by examples of their application. The *Journal of Holistic Healthcare* is a vehicle for injecting inspiration into the system: ideas and research that might enable positive change. We realise that there is nothing as practical as a good theory, and we encourage authors to foreground what they have done and their experiences, as well as what they know. Though we don't always need or want extensive references, we ask authors to refer to research and writing that supports, debates or contextualises the work they are describing, wherever appropriate.

We like further reading and website URLs wherever possible. And we like authors to suggest images, photos, quotes, poems, illustrations or cartoons that enrich what they have written about.

Because the *JHH* aims to include both authors' ideas and their experience we invite authors to submit case studies and examples of successful holistic practice and services, research findings providing evidence for effective holistic practice, debate about new methodologies and commentaries on holistic policy and service developments. Our aim is to be a source of high-quality information about all aspects of holistic practice for anyone interested in holistic health, including policy-makers, practitioners and 'the public'. We aim to link theory to practice and to be a forum for sharing experiences and the insights of reflective practice.

Articles should be accessible and readable, but also challenging. Key articles will link theory and research to practice and policy development. Contributions from the whole spectrum of healthcare disciplines are welcome. The journal is particularly concerned to highlight ways of embedding holistic thinking and practice into health care structures, including primary care organisations, networks and collaborative initiatives.

### **Original research**

*JHH* is a platform for holistic ideas, authentic experiences, and original research. We estimate our regular (and growing) circulation of 800 copies is read by as many as 2000. And, though we don't yet attract researchers seeking RAE points, we are free to be a voice for the kind of ideas, reports, experiences and social inventions that wouldn't fit easily into more conventional mainstream journals: small studies, pilots, local reports, surveys and audits, accounts of action research, narratives, dissertation findings (otherwise hidden in the grey literature), pragmatic and qualitative studies and practice evaluations. By publishing them in the *JHH*, important seeds for change become available to people who need to grow them on. Another advantage of submitting to *JHH* is the peer feedback to authors, some of which we may include as commentaries on a published paper.

## Submissions

Please ensure that you include

- 1) a 100 word note about your personal perspective and why you work/think/see the world the way you do (see author information below)
- 2) a summary of approx 90 words
- 3) how you wish to be designated and any initials, eg David Peters *MBBS, BA, DGM, MRCPsych*. Professor of Integrated Healthcare at University of Westminster.

When you write for us please make sure that your work is:

- clear and free from jargon
- non-sexist and anti-discriminatory.

**Papers which fit into any of the following broad categories are welcome:**

**An account of original research with a practice focus.** Research should be the author's own.

**A critical or theoretical article** on an aspect of organisational, management, systemic, funding or policy issues with regard to holistic health and social care.

**Paradigms of thinking** around holism in healthcare

**Practice-based papers.** A description of an innovative project or activity eg in education or clinical practice. It is worthwhile highlighting the difficulties encountered and solutions found, and offering some guidance for good practice.

**A review of relevant literature in a key area.** This should include a general statement of the practice-based relevance of the area under review.

## Length of your submission

Main articles can be from 1,500 words up to 4,000 words depending on the agreement you have reached with the commissioner (a member of the Editorial Board). *Please keep within the length for your article that you have agreed.*

**A title page** should contain the author's name(s), affiliation, address for correspondence, email address, and the manuscript's full title. Manuscripts should be in a standard font with headings the same size as the text. Tables, figures and other insertions should be supplied at the end of the text and not embedded in the manuscript; however a note indicating where the table or figure should be inserted should be placed in the manuscript.

## Author information

Each journal article is accompanied by brief information about the author from a personal perspective. Please send a reflective piece about yourself which explains what moved you to write the article (around 100 words).

## Key points

When submitting an article for the *Journal of Holistic Health*, please preface it with a list of four or five main points that summarise its main elements to the reader. These will be published at the beginning of your article as an abstract, compiled by the editor.

## Illustrations

Wherever possible include photographs, original charts, graphs or diagrams to illustrate particular points in your feature as an aid to clarity and understanding. Please provide these in a suitable electronic format in their completed form. If you require us to scan in images for you, please provide these as good quality originals. Diagrams and figures will be reproduced in accordance with the journal's house style. This may mean that diagrams and figures are not always exactly the same as the original; however, the meaning will not be altered in any way. Please contact the editor for instructions on submission of any illustrations if you have any doubts or queries.

Please note that if illustrations are being reprinted from elsewhere, authors are responsible for obtaining copyright clearance for the reproduction of these in the journal.

## References

Please supply the publisher with full information for all work cited, including author, date published, publisher and page references.

References should follow the numbering (Vancouver) system, numbering publications in the text and providing a list of publications in the order to which they are referred, at the end of the paper. Please supply details in the style as follows:- For journal articles the style and punctuation is:

Fenella S, Taylor P & Means R. Coming to terms with primary care trusts. *Managing Community Care* 2002; 9 (2) 22–29. (ie. Title, year, volume, issue: page numbers).

For books the style and punctuation is:

Pickard J. *Getting older, getting wiser*. London: Pentonville Press, 1998.

Emerson E, McGill P & Mansell J (Eds) Severe learning disabilities and challenging behaviours: designing high quality services. London: Chapman and Hall, 1994.

Stokes G. Mental health problems in older people. In: D Bailey (Ed) *Mental health today* pp80–125. Oxford: OUP, 2000.

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You should understand that in submitting your article for publication you are assigning the copyright of this to The British Holistic Medical Association. In practice this means:

- the BHMA has the right to use the material in any way it sees fit, including electronic reproduction on its website
- the BHMA has the right to allow other appropriate organisations to reproduce the material
- contributors may use their own material elsewhere after publication without permission but the BHMA asks that full acknowledgement be given to the original source, ie the Journal of Holistic Health.

*Please contact the Editor if you are in any doubt about copyright or have any queries.*

### **Informed consent**

Patients have a right to privacy that should not be infringed without informed consent. Identifying information, including patients' names, initials, or hospital numbers, should not be included unless the information is essential and the patient (or parent or guardian) gives written informed consent for publication.

When informed consent has been obtained it should be indicated at the end of your article.

### **Conflict-of-interest statement**

Individuals who submit or review manuscripts should disclose any financial, proprietary or professional or other personal interests that may influence positions presented in the manuscript.

Any such interest should be declared at the time of submission, or when the review is requested.

### **Deadlines**

Production schedules and printing dates are necessarily arranged several months in advance. Please keep to the agreed date for delivery of your work, and let the editor know immediately if there is going to be a problem.

### **Submission of copy**

Please email your contribution to the Editor-in-chief David Peters on [petersd@westminster.ac.uk](mailto:petersd@westminster.ac.uk) AND [erowling@tiscali.co.uk](mailto:erowling@tiscali.co.uk), or to the person who commissioned the article from you if this is not David Peters. Please keep formatting and layout to a minimum, indicating only sub-headings you think are appropriate if you wish. Authors should retain one copy of the text, and the masters for tables and illustrations as the editor cannot accept responsibility for damage or loss of manuscripts.

If you have any queries about the submission of work, contact the **Editor-in-chief David Peters** on [petersd@westminster.ac.uk](mailto:petersd@westminster.ac.uk) or the Editor, **Edwina Rowling** on 01273 845131 or email [erowling@tiscali.co.uk](mailto:erowling@tiscali.co.uk).