

# THE NEUROPSYCHOTHERAPIST

NEUROPSYCHOTHERAPIST: MAGAZINE • JOURNAL • WEBSITE



## MEDIA KIT & SUBMISSION GUIDELINES

Our Audience | Features We Are Looking For | Delivering Value to Readers | Advertising |  
Information & Production Specs | Submission Guidelines | Departments & Regulars



# THE NEUROPSYCHOTHERAPIST

## CONTENTS

Media Kit 2013

### FEATURES

**14** Our Audience Our Platform  
Who is likely to be reading The Neuropsychotherapist? We look at who we are engaging and what our platform looks like and why.

**16** What Sort of Features Are We Looking For?  
The Core of our journal is comprised of the feature articles by experts in their field of research, education, or clinical practice. We talk about what we are looking for in a feature article and how to go about submitting one of your own.

**18** How We Deliver Value To Our Readers  
Our platform is composed of a number of different ways people can access information and get value out of what we are publishing. We talk about these avenues of access and a bit about the how and the why.

**20** Advertising  
General information on advertising space, rates, specs and some of our approaches to how we offer add space on our platform.

**21** Information and Specifications  
What you need to know to get the most out of our website and journal. For content providers, members and general viewing public.

**24** Submission Guidelines  
The basics of our submission process and what you need to know before submitting an a feature, short article, or apply to be a blogger on our site.

**26** How To Be Involved - Summary  
Here we summarise how you can be involved, what you can contribute and how that works - all in two pages..

### DEPARTMENTS

**Neuroscience** .....07  
The latest in the world of neurons.  
[MELINDA KOCH](#)

**Mechanisms of Change**.....08  
Our malleable, adaptive nature.  
[DWAYNE ARKOWITZ](#)

**Integration** .....09  
The multidisciplinary perspective.  
[JOHAN KRONSKY](#)

**Applied Neuropsychotherapy**.....10  
Lessons from the clinical field  
[PIETER ROSSOUW](#)

**Brain, Mind & Consciousness** .....11  
The latest in consciousness findings.  
[TODD FEINBERG](#)

**Spotlight** .....12  
Focus on an individual.  
[MELINDA MONTANA](#)

**Speculation** .....13  
The leading edge of research and theory.  
[WRAY HERBERT](#)

### REGULARS

**From The Editor** .....04

**Your Say** .....06

**Calendar** .....06

**News in Brief** .....06

**Research Front** .....06

**On The Web**.....06

**Book Reviews** .....06

**Last Word** .....28

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**Matthew Dahlitz** is Editor in Chief of  
The Neuropsychotherapist

## Welcome

**W**ELCOME TO OUR NEW INTERNATIONAL NEUROPSYCHOTHERAPY MAGAZINE, JOURNAL & WEBSITE. I hope you find this media kit helpful in answering some of your questions about who we are and what we are doing. If you haven't already done so, check out our website [www.neuropsychotherapist.com](http://www.neuropsychotherapist.com) for further discussion on topics in the journal as well as other news and information.

Our aim is to develop a platform whereby therapists can gain a broad overview of the latest research, theories and practice in all areas affecting our mental well being. Our neurology, psychology, relationships, diet, environment, genetics, and so on, have complicated and multifaceted influences upon our mental lives. We want to be aware of all these factors and develop effective therapeutic approaches that take them into account. This unification of scientific discovery toward better therapeutic practices is the fundamental platform from which we stand. We hope the popular style of presentation, with attention to images and style, will add to the engagement readers will have with our material.

So what is *Neuropsychotherapy*? According to us, it is an integrative approach to therapy that takes into account the dynamic interplay between the mind, body, interpersonal interactions, and the environment upon a person's well-being. By understanding the mechanisms of our biology, the processes of our psychology, and the influences of social interaction, it is believed a holistic therapeutic practice can be formulated.

Thus a *Neuropsychotherapist* is one who utilises neurobiological, cognitive, emotional, social, and environmental information to base their psychotherapeutic interventions.

We are aiming toward a readership of researchers, clinicians, and educators in the field of mental health, as well as non-professionals who may have a general interest in psychology/neurology, or are looking for answers to a particular neurological/psychological problem.

The quarterly magazine will be an interactive PDF available through our members subscription service, or as an iPad/Tablet magazine application available through iTunes and other outlets.

The membership subscription service, I believe, is going to be of exceptional value as we provide access to everything that has been published with an active membership subscription. Not only will members have access to the entire history of our publication, but there will be flexible options to download individual articles, monographs, or entire issues, from the one secure members area. Non-members can still purchase individual issues for their tablet devices from the various outlets, depending on their device.

# THE NEUROPSYCHOTHERAPIST®

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# REGULAR COLUMNS

## YOUR SAY

**Y**our Say" is our letter's to the Editor page where we publish a select number of letters via email, our blog, or Facebook. Not all letters will require a response but select ones will receive a published response. This typical format will take a two page spread and other letter's to the editor that don't make it into the journal will be posted on the website.

## CALENDAR

**W**e have our calendar page (a double page spread or two double pages, depending on demand) that can accommodate up and coming events for the next 6 months (the current quarter and the upcoming quarter). These are global events in the fields associated with Neuropsychotherapy. Preference will be given to content providers and high preference to those content providers who are in the current quarter publication. Other news that does not make it into the journal may be considered for the website.

## NEWS IN BRIEF

**N**ews in Brief is a double page spread, or two double spreads, depending on demand, of brief news associated with Neuropsychotherapy. These will be summaries pointing to sources where the reader can get the full

news report or source information. Preference will be given to content providers.

## RESEARCH

**T**his page or pages will highlight some advances in research and point readers to the source. This section can also be utilised to focus on a particular institution and the research they are doing there. There can be anything from a few hundred words to a thousand words. Again, preference will be given to current content providers to showcase what their lab, institution, or practice is doing in the field of mental health.

## BOOK REVIEWS

**R**eviews of books, journals, magazines, eBooks, and videos associated with Neuropsychotherapy and related fields. One or two of these will be featured in the journal each quarter and extra reviews will be posted on our website.

If you have a review we would love to hear from you. A small head-shot image of you and short bio of yourself would be appreciated.

## ON THE WEB

**A** review of what's on the internet in regards to mental health, neuroscience, psychol-

ogy, and associated fields will be featured each quarter.

If you know of a particular site that would be of interest to our readers then please let us know about it. One of our editors can write a review or you could submit a review yourself. This double spread will accommodate about 700 words with images, so please be brief in your review of the website.

## BIG QUESTIONS

Not a 'column' per say, but a regular activity on our website whereby we ask our panel of experts a 'Big Question' in the field of human behaviour and see what answers come back from the various disciplines represented.

Our 'Panel of Experts' are professionals from various fields in the human/mind sciences who has been invited onto our platform to speak to us about what is going on in their fields of endeavour. It is this select group of people who will be answering the 'Big Question' and giving us their perspective.

The level of public interaction with our 'Big Question' activity is yet to be determined, but there is scope for both general public interaction via comments on posts and select professionals to respond via comments or further posts. If you are interested in being part of our Panel of Experts please contact us.

# NEURAL WONDERS

## NEUROSCIENCE

### REPORTING THE LATEST NEURAL NEWS

**T**he regular department of “Neuroscience” is a two or four page spread on the latest findings in neurology. These short news reports are summaries that point the reader to the source for further investigation.

We are looking for professionals in the various fields of neurology to feed us information about what is happening on the cutting edge of this amazing area of science.

## FAQ

### What topics are you after?

Anything related to the research, educational, and clinical worlds of neurology and it's various sub-disciplines. For example news about breakthroughs, new papers, new labs, clinics, research facilities, and the like. Highlighting an emerging trend or finding. Recognition of an individuals outstanding contributions, and so on. This department is broad and open, so be creative and if it's interesting to you, then it's sure to be interesting to a whole lot of other readers out there. If for some reason your submission is deemed not appropriate for this department, one of our editors will contact you, explain why, and point you in the right direction.

### How much to write?

Given this is just a brief on what is going on, we are looking for 200 to 700 words. If you have something longer we can edit it down to fit within the con-

straints of the journal layout. Otherwise we may talk with you about expanding it into a feature article.

### What style should I be writing?

A concise journalistic style, easy to comprehend and to the point. There is only a small space so get to the main points quickly and point readers to source material, websites, videos, etc for more details.

### What else is needed?

If you have images associated with the article (and you have copyright), then we would love to use them. If you don't have images we will source stock images to complement the article.

### Do I have to have a Ph.D. to submit something?

Admittedly most of our material comes from experienced researchers and clinicians who have high academic qualifications. But this is not a requirement for submission. Our editors will review your material and decide if it is appropriate for the journal. We welcome students, journalists, and the general public who have a genuine interest in neurology to be submitting material and letting us know what is happening in this expansive field. We will, however, be maintaining a high level of quality journalism.

### Can I be a blogger on your site?

If you are interested in being a blogger on our platform you will have to contact us at [submissions@neuropsychotherapist.com](mailto:submissions@neuropsychotherapist.com) and we will talk with you about our expectations.



## MECHANISMS OF CHANGE

*Neural Plasticity, Epigenetics, Reconsolidation,  
and other malleable, adaptive mechanisms of our nature*

We are at an exciting place in the evolution of psychotherapy where we are beginning to see scientific evidence for potentially profound neural changes mediated through talking therapy alone. Something psychotherapists may have realised in therapy sessions over the years but were unable to point to hard scientific evidence to describe, on a neural level, what was going on to consolidate change in their clients.

Seemingly our neural networks, our genetic expressions, our biology in general, is more malleable and adaptive than we had ever theorised in past generations. Neural research, especially over the past decade, is making the most amazing discoveries that have direct and powerful implications for the therapy room.

This department is all about the adaptive, plastic, malleable nature of our biology and how the latest research is impacting our therapeutic practices and outcomes.

**Neuroplasticity** (from neural - pertaining to the nerves and/or brain and plastic - moldable or changeable in structure), also known as brain plasticity, refers to changes in neural pathways and synapses which are due to changes in behavior, environment and neural processes, as well as changes resulting from bodily injury. Neuroplasticity has replaced the formerly-held position that the brain is a physiologically static organ, and explores how - and in which ways - the brain changes throughout life.

**Epigenetics** is the study of heritable changes in gene expression or cellular phenotype caused by mechanisms other than changes in the underlying DNA sequence – hence the name epi- (Greek: επί- over, above, outer) -genetics. It refers to functionally relevant modifications to the genome that do not involve a change in the nucleotide sequence.

**Memory consolidation** is a category of processes that stabilize a memory trace after the initial acquisition. Consolidation is distinguished into two specific processes, synaptic consolidation, which occurs within the first few hours after learning, and systems consolidation, where hippocampus-dependent memories become independent of the hippocampus over a period of weeks to years. Recently, a third process has become the focus of research, **reconsolidation**, in which previously consolidated memories can be made labile again through reactivation of the memory trace.

Source: Wikipedia

Integration is all about making connections between various disciplines and how those connections are valuable to psychotherapeutic techniques and outcomes.

This department column is looking for short articles and reports, anything from a few hundred words to 700-1000 words, that link any number of findings across different disciplines that either demonstrate, or have potential for, better therapeutic outcomes.

For example the discovery that powerful cardiac neuronal information can cascade right up into the highest cortical regions to influence our decision making has a direct impact on psychotherapeutic techniques that acknowledge the responsiveness of the heart and a more holistic understanding of cognition.

The other aspect of this department is to highlight those projects and institutions that are operating on a truly integrative plane. We believe in the synergistic power of cooperation when different departments of a university join forces to tackle a particular problem, or a number of institutions gathering in a joint effort to answer complex problems. The Genome project and subsequent Encode project are cases in point.

If you are part of such a project or joint effort in the mind sciences, we would love to hear from you.

**B**E PART OF SHARING YOUR RESEARCH OR CLINICAL EXPERIENCE WITH US BY SUBMITTING SHORT ARTICLES, NEWS REPORTS, OR BLOGS ABOUT THE INTEGRATIVE APPROACH YOU ARE TAKING IN COLLABORATION WITH DIFFERING SCIENTIFIC DISCIPLINES.



**A**ppplied Neuropsychotherapy focuses on the therapeutic practices based on what we know so far in this field. Typical articles will be demonstrating the underlying biological elements of psychopathology and how to use that information to better therapeutic techniques.

Dr Pieter Rossouw of the University of Queensland is the editor of this section of the journal. He has written extensively on this subject and holds many one and two day workshops on Neuropsychotherapy for clinical psychologists and other mental health workers.



You can make submissions to Dr Pieter Rossouw at [p.rossouw@neuropsychotherapist.com](mailto:p.rossouw@neuropsychotherapist.com).

You can find a profile of Dr Rossouw here at <http://www.neuropsychotherapist.com/dr-pieter-rossouw/>

## What sort of articles are you after?

We are after short 'news' type of articles that point to therapeutic applications of neuropsychotherapy. We are also after 'monographs' that describe a particular psychopathology and it's neuropsychotherapeutic technique, or the possibility of new approaches to the disorder. To get a good idea of this sort of monograph, go to our website and click on <http://www.neuropsychotherapist.com/category/departments/appliednpt/>

[ments/appliednpt/](http://www.neuropsychotherapist.com/category/departments/appliednpt/) to see some recent monographs in the Applied NPT section. Some of these are by Dr Rossouw himself.

## How many words?

100-700 for short 'news' type articles. Around 2000-4000 for longer 'monographs'. Should you have a more extensive article we can talk with you about using it as a feature article, rather than a department article.

## Lead time?

Give us at least 4 weeks prior to any quarterly publication. If you miss the next quarter we will schedule the article for the next quarter if there is space.

## Format?

Referencing should be APA style. A Word or Pages document is preferable to a PDF.

## Case Studies?

We welcome case studies but be sure you change all names and any other personally identifying information of the client/patient. If you are not sure how to disguise a case study to protect a client then one of our editors can help you do that while retaining the pertinent parts of your story.





## Brain, Mind & Consciousness

**Department Editor:** Professor Todd Feinberg

Dr Feinberg, Professor of Clinical Psychiatry & Neurology at the Albert Einstein College of Medicine, is the Department Editor of **"Brain, Mind & Consciousness"**. A regular department in our journal dedicated to exploring the latest research and thoughts on consciousness.

This department is open to all researchers, educators and clinicians who have a particular interest and professional experience in the area of consciousness. An important theoretical and practical field that looks at the deepest levels of who we are.

As a journal, and as a community of interested professionals, we are keen to keep abreast of the latest findings and thoughts on consciousness and how these findings are playing out in our therapeutic approaches toward our clients and patients.

Dr Feinberg, as Editor, will receive and review your article for its appropriateness and best fit for our journal and/or website. He is an expert in this field, a respected

psychiatrist and neurologist and award winning author published by W.W.Norton.

You can contact Dr Feinberg in relation to articles and submissions at

[tfeinberg@neuropsychotherapist.com](mailto:tfeinberg@neuropsychotherapist.com)

Before submitting an article please consult our submissions guidelines in this media kit.

### What sort of content?

Anything to do with the area of consciousness. If you have an idea, and article, a piece of news you are considering for our journal or supporting website please contact Dr Feinberg with the details.

### What length?

Feature articles & research papers can be anywhere between 2000-7000 words in length, referenced in APA style and accompanied by your biography, contact details, and a photo of yourself and accompanying images are much appreciated. Our editors will proof your work before anything is published and will work with you to refine the article for the journal.

Shorter articles and news 'notes' can be submitted for the departments regular column and website.

Blogs are also welcome but you need to first contact the editor to be passed as a legitimate blogger on our platform.



**Dr Todd E. Feinberg**

Professor of Clinical Psychiatry and Neurology at Albert Einstein College of Medicine and Chief of the Yarmon Neurobehavior and Alzheimer's Disease Center at Beth Israel Medical Center in New York

readers as to who we would approach for a 'spotlight' interview and will use this interaction to gain deeper engagement by our readers and casual followers.

**S**potlight is an opportunity for us to highlight a particular person in the fields we are interested in and get a snapshot of 'a day in the life' of these people. This general interest column is the perfect way to highlight the work of the many 'nameless and faceless' scientist, educators and clinicians out there who are doing amazing things for the betterment of humanity but are not generally in 'the spotlight'.

We would like to see a broad cross-section of individuals highlighted in this column and give our readers some insight to the many and varied careers there are in the mind/health sciences and some of the fascinating work that's being carried out.

This column will generally be in a short interview style, with some basic 'snapshot' statistics and some photos and images to support the story.

We will be partly relying on suggestions by our

## LET US KNOW

If you have someone in mind who is in a field related to neuropsychotherapy, and would like to see them honoured by being in our 'spotlight', then please email the Editor

[editor@neuropsychotheapist.com](mailto:editor@neuropsychotheapist.com)  
with a few details about the person and we will look into it for you.

We will, at times, use this column to also highlight specific institutions, although the focus is likely to be the individual who is head, or integral to that institution.



# THE CUTTING EDGE



**T**he very nature of research is speculative—some research more than others. We want to be reporting on the very cutting edge of the science of the mind and those elements that affect it's development and proper functioning.

This regular column is open to reports and highlights of the most recent discoveries as well as those theories and research that are pushing the boundaries of what we know and understand. The whole field of quantum mechanics, that has been in development for a number of generations now, is pushing our understanding of reality and impacting theories of consciousness. Better and more refined ways of observing neural activity is exploding our understanding of the complex web of communication we know as our nervous system. Serious scientific studies of meditation has opened up a whole new world of therapy using ancient and modern variations of meditation with significant clinical results. And on and on go the new findings on the cutting edge of mental health.

We would like short journalistic articles on re-

cent discoveries, or renewed interest in areas that are having an impact on how we view the mind, the brain, behaviour and our existence. This section is wide open to an enormous variety of topics that would interest researchers, educators and clinicians in the disciplines associated with mental health.

## **How many words?**

200-1000

## **Style?**

Journalistic, concise, reference with external links.

## **Images?**

If you have them, great! But you must have copyright for us to reproduce them.

## **Deadlines?**

4 weeks prior to the quarterly release.

## READERSHIP

# OUR AUDIENCE OUR PLATFORM

## *THE WHO AND THE HOW*

**O**ur readership are the reason we exist as a publication and our first priority is to deliver the best content to them in an accessible and beautiful way. We don't just want subscribers, we want a community of people who are engaged with us on a deeper level so, together, we can shape the future of mental health in a positive and significant way. For this reason we are developing a dynamically engaging platform of social media, web presence, and Journal while encouraging all to be involved on whatever level they can.

### **What We Look Like**

We are using a popular style and interface to connect professionals to solid scientific studies, news and information. Unlike a traditional scientific journal that publishes peer reviewed papers in a specific niche of science, we are providing a broader banquet of information that includes standard scientific papers, as well as a wealth of other useful information such as news, reviews, interviews, and so on.

We think that our mix of popular style magazine, online blogging, news, events, articles, and our formal scientific journal, gives a broad and interesting mix of delivery modes. Engaging people on these different levels, we think, will open up the field

of neuropsychotherapy to a large number of psychotherapist who are interested in expanding their knowledge of therapeutic theory and practice.

Sometimes a casual magazine article can open up a whole new world of possibilities and ways of thinking, as much as a detailed technical journal entry can substantiate a cutting edge theory. We want to be involved at all levels.

### **Our Journal & Magazine**

The International Journal of Neuropsychotherapy is an eJournal for scholarly papers related to Neuropsychotherapy. This journal will be progressively published at a frequency dependent on the submissions we receive. Presentation will be typical of

scientific journals and will be part of the members subscription package.

Our Magazine is a digital publication that looks very much like the document you are reading now. Actually it's the same template. It is engaging, bold, full of colour and images, and delivered in an interactive PDF format that means you can do things like turn off the images if you want to save ink when printing, or jump around the document using hyperlinks or connect to a website directly from the article.

### **Our Website**

The website is full of interesting and useful information with news, calendar events, articles, listing, as well as the depository for our journal issues.

Various experts post information about what's happening in their particular field and the general public can interact with us by commenting on certain posts.

There are two levels of access to our website: General public access that gives a wealth of information about Neuropsychotherapy, blogs, articles, etc; and a 'Member Subscriber' access that gives the member access to all the public information as well as all issues of the journal and additional bonus articles and material.

### **It's A Facebook World**

Our most dynamic level of engagement with readers, and a very good source of statistical information about them, comes from our Facebook presence.

New posts and articles are publicised on Facebook to draw attention to the website and journal.

### **Target Audience**

Our primary target audience are those in the health care industries and more specifically psychotherapists, neurologists, psychologist, and obviously anyone who would consider themselves a 'Neuropsychotherapist'.

We draw these people from targeted advertising on Facebook, advertising at industry specific conferences, web advertising, and direct contact with institutions, universities, and associations.

We have been in a position, with low overhead costs, to attract a readership in a

naturally organic, word-of-mouth, manner.

Here is a brief breakdown of the various categories of readers we are targeting:

#### **Researchers**

Public sector researchers who are working in government organisations, or the education system in the areas of human functioning and behaviour that has bearing on psychotherapy are a primary target audience for us.

Similarly private sector researchers involved in areas that touch on biopsychosocial aspects of humanity are also being targeted by us.

#### **Educators**

Of particular interest to us as both audience and contributors, are those educators who are shaping the minds of the next generation of therapists. Their influence on the future of our mental health is obviously extremely important and we would like to have their attention as well as hearing their stories.

#### **Clinicians**

Psychologists, Neurologists, Psychiatrists, General Practitioners, Counsellors/Psychotherapists, Social Workers, and on the list goes of those who are at the coal face of therapeutic intervention and are a key target audience for our publication. For the most part we will be reaching out to these clinicians through their perspective associations.

#### **Students**

Undergraduates and postgraduates in the fields of mental health and human biology are also ones we are targeting as both part of our readership and, in the case of postgraduates, content providers.

We are engaging people on a number of fronts: Website; Social Media; and our published Journal.





## WHAT SORT OF FEATURES ARE WE LOOKING FOR?

**O**ur multidisciplinary approach to psychotherapy opens up a broad based platform for articles across all fields associated with the mind. We are looking for research paper style reports, journalistic articles, interviews, case studies, and reviews. Subject matter can cover such areas as neurology, psychology, psychiatry, sociology, genetics, philosophy, therapy, and the multitudes of sub-categories from the fields of human behaviour. Whatever the field you are majoring in, we want to see an interdisciplinary & integrative philosophy underlying your writings.

**W**e believe therapy is best formulated when we take into account the mechanisms of our biology, the processes of our psychology and the influences of social interaction on our behaviour. So taking this 'biopsychosocial' paradigm into account we are looking for articles that come under these three broad categories.

## **Biology**

We are interested in all things concerning our nervous system and how this knowledge cascades down into better clinical practices. Admittedly neurology is a big field and there are a lot of highly specific research projects going on. We are looking for neurology articles that would be of interest to the general therapist and make connections between the details of the findings in neurology and the broader context of our thought processes, interactions, and so on. For example, a detailed, narrow study of particular electrophysiological properties of neurons, without reference to the broader implications for therapy, would probably be better on another 'neurology specific' platform. However, a study on synaptic plasticity and outcomes for therapeutic intervention would be perfect for our readership.

Themes we are particularly interested in are cognition, neurology and development, neuronal regeneration, imaging neuroscience, neurogenesis, epigenetics, endocrinology, neural plasticity, and consciousness, just to name a few. Most of all, we want to know from you, the experts in the field, what is on the cutting edge of neurology and what is making a difference in therapy.

This is an exciting time to be alive as we literally unravel our DNA and discover the very long code of our physical being. Genetics, alongside neurology, is fundamental to our understanding of who we are and 'how' we are. We are interested in articles on the impact of genetic findings and how these findings impact the way we approach people in the clinical setting.

Obviously there are many more anatomical, physiological and biochemical influences on our behaviour and mental health. We are interested in them all as they pertain to a more unified understanding of psychopathology and better therapeutic processes and outcomes.

## **Psychology**

Psychology is so very broad as you would appreciate. Rather than specifying the strands of psycholo-

gy we would like to feature, it's probably best to say that we are interested in anything psychological, as long as it is coming from an integrated biopsychosocial perspective and holds some value for the practicing clinician.

Psychology is the core discipline that should be embracing a holistic, and unified perspective of human behaviour and it is our opinion that psychology should be working to bring about rigorous transdisciplinary scrutiny of all variables that modulate human behaviour and psychological development. To this end we encourage psychological papers and articles that explore all manner of subjects that have some bearing on psychopathology and its treatment.

Suffice it to say that we are interested in all processes of cognition, affect, motivation, development, and so on, that shape our understanding and approach to therapies.

The Neuropsychotherapist is obviously interested in articles on talking therapies, and especially those articles that take a holistic view of therapy whereby multiple systems are acknowledged as influential in the particular behaviour under scrutiny. If you are approaching your subject with 'holistic' and 'integrative' as core concepts in your writing then we believe you will fit well into the scope of this journal.

## **Social Influences**

Sociology and other strands of social science has a part to play here at The Neuropsychotherapist. We are interested in those aspects of social behaviour and development that relate to our biology and psychology. For example the impact of culture on neural networks, social engagement and neurobiological impact, demography and mental development, the list is endless as to how our social situation impacts our neurobiology and mental and emotional processes.

We want to explore the dynamics of family, culture, economics, linguistics, and the like in our holistic approach to human behaviour and in formulating better therapeutic interventions.

Also on a 'social influence' level, areas like consciousness and religion have a large philosophical component, and are significant to our behaviour and mental states. We would like to hear from those thinkers who are motivated to see us develop better psychotherapeutic techniques for mental health.

If we have not mentioned an area which you believe to be important to a neuropsychotherapeutic understanding of human behaviour, then please do not hesitate to let us know about it.

**D**elivering value to our readers is our first priority. We are going to take a quick look at the different ways we deliver content to readers, how we can engage readers and connect researchers, educators, clinicians and the general public.

**O**ur Neuropsychologist magazine, is the primary communication vehicle to our subscribers. It is the core from which all else revolves around.

The magazine is a quarterly issue with six feature articles in each issue as well as the regular departments, advertising, letters to the editor and so on.

We have decided to deliver the magazine in two ways:

1. **As an interactive PDF from our main website**
2. **As a magazine app from iTunes and other android outlets.**

As an interactive PDF is the main focus for our subscribers as this option gives our subscribers complete access to all issues either as complete issues or broken down into individual articles. There are a number of download options, depending on the needs of the subscriber. While the subscription is active there is always access to all issues of the magazine as well as other monographs and 'bonus' material.

As a magazine app for the iPad or other android tablet, these purchases are made via iTunes, for example, on an issue-by-issue basis or a yearly subscription rate. This does not give the purchaser of an app version access to our site as a member. The 'Members Only' subscription rate, to have access to all the interactive PDF issues of the magazine and journal, is a higher rate than purchasing just the app. We have done this to encourage support of our web-based journal 'vault' and the flexibility the interactive PDF's give the reader.

### **The Journal**

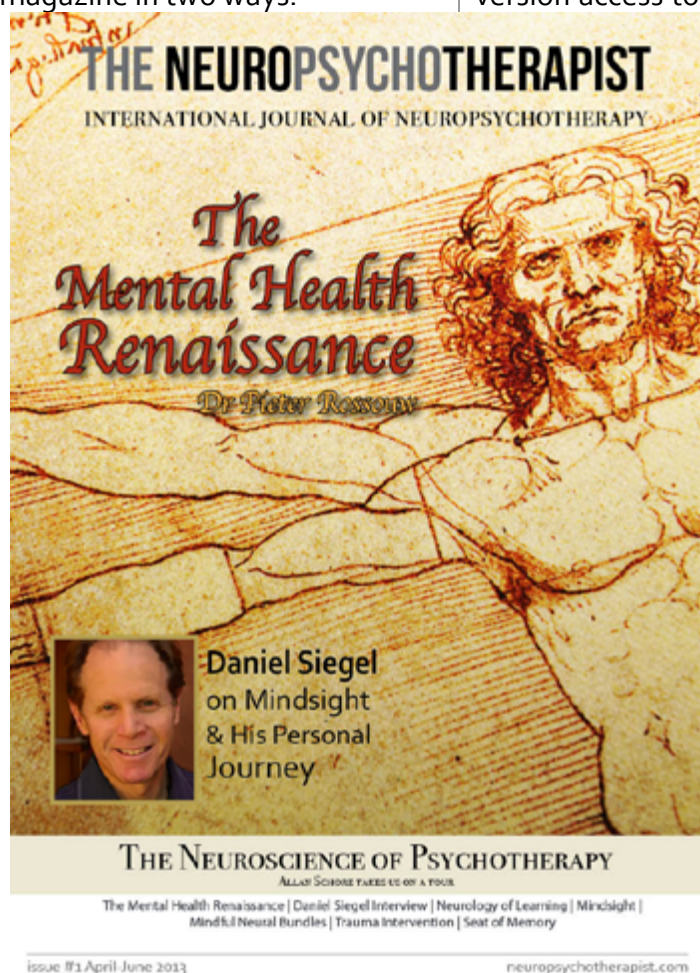
*The International Journal of Neuropsychotherapy* is where we publish formal research papers and will be in a familiar form as an academic scientific journal. This journal will take form as we develop this platform.

### **The Website**

Secondary to the actual magazine/journal is our main website where we not only house the magazine and Journal and it's parts, but we provide free content to casual web browsers and member subscribers alike.

There are a few function of the site:

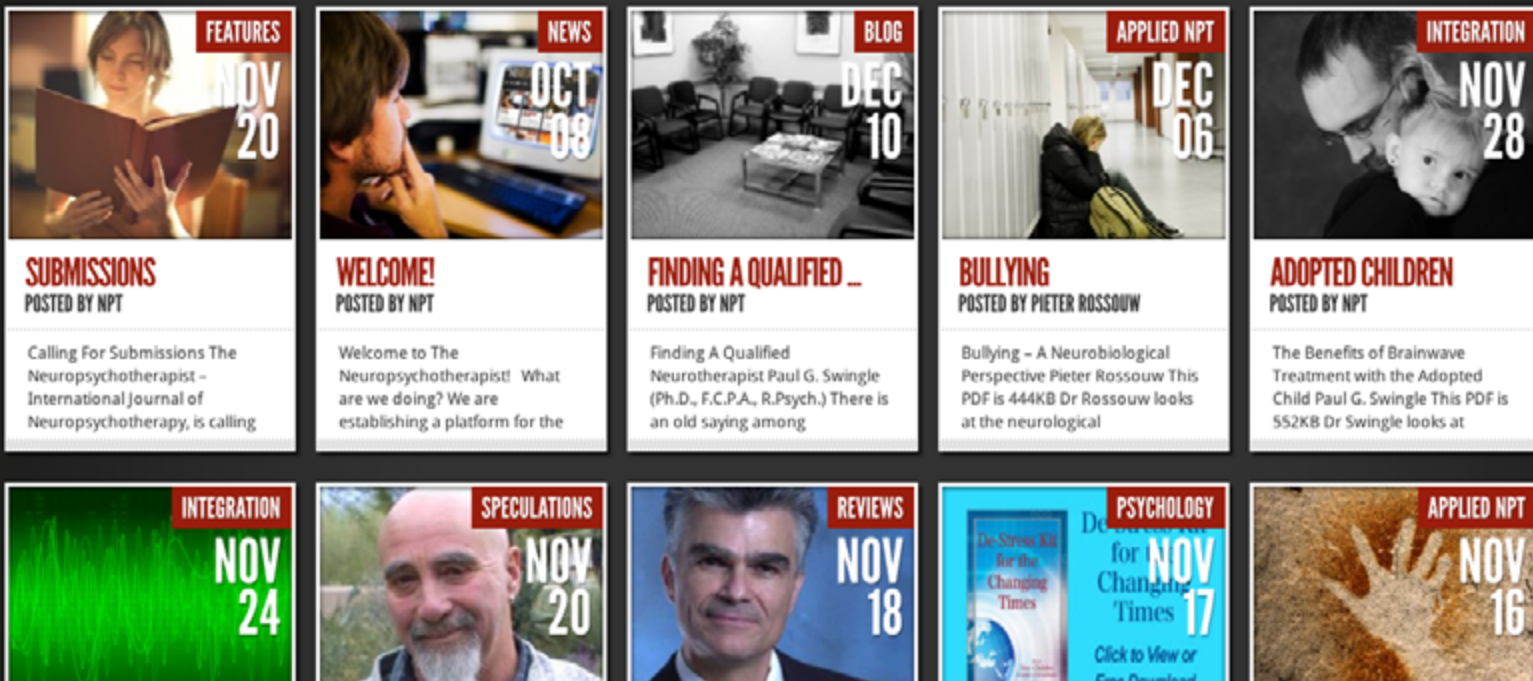
1. A 'vault' to house all the Magazine/Journal issues and as a portal for access them. When you log in as a member you will automatically have access to the Magazine/Journal and bonus material.
2. A notification site for upcoming and published material in our Magazine/Journal.



# THE NEUROPSYCHOTHERAPIST

HOME ABOUT JOURNAL LISTINGS RESOURCES BLOG DEPARTMENTS FEATURES REGULARS

Search this website



Our Website is the primary delivery platform  
for both the Journal and free news and information

3. A calendar of events associated with our fields of interest.
4. A resource centre of articles and general information. Members will have access to more articles than the general public.
5. A blog of new and interesting writings from various authors in our fields of interest. If you are wanting to write about your field of interest, but don't want it to necessarily be full articles or scientific papers, then being a recognised 'expert' blogger on our platform would be a good option for you.
6. A listing of professionals in the associated fields of mind/brain sciences.
7. A bookshop of resources associated with our featured authors.

portunity to air their views  
on the public platform.

## Events

Once we have reached a certain threshold of member subscribers we will be organising conference events in various major centres around the world. We will be gathering key researchers, educators and clinicians to speak, and run workshops, on topics di-

**There will be certain privileges member subscribers will have on the website in addition to the magazine. These include access to more extensive news and calendar coverage, more blog material from experts in the field and more articles.**

8. A forum open for conversation about particular articles and happenings in the psychotherapy and associated fields. This is done in the usual blog comment process that most people are familiar with. Most conversations will be open to the general public, but there may be some conversations that are only open to members. There is also a section called "Your Say" that's in a 'letter to the Editor' style and gives the general public and members op-

rectly associated with Neuropsychotherapy. Member subscribers will automatically qualify for discounts to such events and will be advertised first to our members before it is broadcast to the general public.

# ADVERTISING

## RATES & SPECS

### General Rates - Magazine

The Magazine is produced in 2 digital versions: One optimised for A4 print, the other for iPad viewing. Advertising space is altered to meet the page divisions indicated below.

All prices in Australian Dollars

| Add Type        | A4 & iPad | A4 dimensions (mm)*<br>(or equal mm <sup>2</sup> ) | Art & Layout<br>(if required)** |
|-----------------|-----------|--|---------------------------------|
| Two Page Spread | 950       | 420 x 295  | 150                             |
| Full Page       | 595       | 210 x 295  | 110                             |
| 1/2 Page        | 300       | 105 x 295 or 210 x 147.5                           | 75                              |
| 1/4 Page        | 160       | 105 x 147.5  | 50                              |
| 1/8 Page        | 90        | 52.5 x 73.75                                       | 40                              |

### Professional Listing Rates

Our professional listings service is for psychotherapists, counsellors, educators and other service providers in the mental health fields.

You will find the listings page here:

<http://www.neuropsychotherapist.com/resources/listings/>

| Type           | 1 year | 2 years |  |
|----------------|--------|---------|--|
| Single Listing | 9.95   | 17.90   |  |

\* The dimensions of the iPad will differ slightly (the iPad layout is slightly wider) but the advertising will be adjusted to accommodate the difference.

\*\* **Art & Layout:** If required we can lay out your add for you. This is a basic service and not a full graphic artist service where original art is developed. For full graphic art services please contact us for separate rates.

# INFORMATION & SPECIFICATIONS

## GETTING THE MOST OUT OF OUR PLATFORM

A web based platform like ours has a number of features that you may or may not be aware of. Here we will lay out the specs for getting the most out of our platform for you as a member subscriber, advertiser, content provider or just casual browser.

### Becoming a Member Subscriber

Membership Subscription is a yearly or biyearly subscription for access to all issues of our magazine & journal, other articles, bonus material, and priority notification of events such as conferences, certain discounts, and so on.

To become a member simply go to the Subscription page [www.neuropsychotherapist.com/subscription/](http://www.neuropsychotherapist.com/subscription/) where the membership subscription process is explained and where you will find a link to the Registration Form. Simply fill in your email, a password, and your subscription option. Choose the PayPal payment option (the only option available at the moment) and send the form. You will be directed to PayPal where you can either log into your account or pay using a credit card. An email will be sent to you confirming your membership. You can now log into the site and all member privileges will now be available to you.

Your membership will be automatically renewed unless you opt-out of the subscription in your PayPal account. If you are having any difficulty we can assist in either subscribing you or opting you out.

### Downloading and Reading

Downloading the content is easy. Just go to the main menu at the top of the website and click on 'Publications'. This will bring up

all the entries in the Magazine, Journal, or Article categories and you should find all the issues/articles listed there. Click on the post that holds the issue you are after and then click on the front cover image - the PDF will download to your computer.

Reading the interactive PDF is best done with Adobe Reader on your desktop, or transfer it to your tablet device. It looks great on a large iPad and you can zoom in on text if it's too small when looking at the whole page.

There is no limit to how many times you download journals and articles to your system. We do remind you, however, that journal material is copyright and you are not to share it without our permission. Material that is able to be freely shared will have the following message attached to it:

*"This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License."*

### Navigating

Navigating our site should be intuitive. Access to most content is via the main menu that runs along the top of the site. Some of these menus have sub-menus. For example if you click on 'About' it will take you to the 'About' page that gives you some information about us. If you hover your pointer over 'About' for a second, a drop-down menu appears and you have several other pages you can go to. Should you click on a menu title such as 'Blog', the website will display all the posts that have been categorised under 'Blog'. 16 posts will come up on the first page of the site in chronological order from the most recent. You can navigate to more pages by clicking on the >> or << displayed at the bottom of the page.

Some content is only available from the footer menu, such as 'Submissions', 'Masthead', 'Contributors', and 'Sitemap'.



## Commenting

There will be posts that have the option for you to make comment. The option to turn on comments is up to the author making the post - some posts are not intended for commentary, some are. Anyone is free to make comments on posts. Comments are moderated and any slanderous, rude, or otherwise destructive commenting will be trashed and the person making such comments will be banned.

Comments may or may not be responded to, depending on the author and time available to respond. Some of our authors are extremely busy people and we do not make it a policy that they have to respond to comments. You will find most authors will respond as it is a subject of passion for them and they are keen to socially engage with people about what they are doing.

Letters to the Editor are welcome and some of these will be printed in the journal and others will be displayed in the 'Your Say' section of the website. Please keep letters brief as space is limited and we want to get to the point quickly in this sort of communication.

## Submitting Images

Images are important for the style of our platform and so we encourage authors to submit images to accompany their material. If there is a photo that is not of you, and it is not a stock photo for which you have reproduction rights, then you need to have the written authorisation of the person in the photo. If we do not have a written authorisation to publish an identifying photo of someone, then by law we should not be making it public. Please keep this in mind if you are sending a group photo, for example, of your team or a photo of your client - we need their consent.

Where no images are supplied, or we feel the article would benefit from more images, we will supply stock photography to enhance the article or to accompany the post.

## Submitting Text

When you are submitting text to us it is preferable to have it in Word, Pages, or plain text. We can work with PDF's if that's all you have, but it is more flexible for us to start with a word processing document.

## Submitting Events

If you have events that you would like to advertise you will have to talk with us about what it is you are wanting to promote and we will work out the best way to do that. For the most part we are wanting to promote events by those active authors who are furnishing us with content. Please have a look at the section in this media kit on Advertising.

## Submitting Listing Information

We want to establish a database of professional listings, giving priority to those who are active on our platform and are regular contributors of content.

The way we list professionals and services is in development and we hope to have this established soon. In the meantime, please let us know about what you are doing and we will keep you in mind for a listing. Ideally we want to establish a 'user manages' system for listings, but that is yet to be determined and may only be open to members.

## Legal

For material that we are going to publish we need to enter into an agreement with you the author or your publisher if the work is the property of your publisher. The facing page is an example of our Publishing Agreement. You can find this agreement here <http://www.neuropsychotherapist.com/wp-content/uploads/2012/10/The-Neuropsychotherapist-Publishing-Agreement1.1.pdf>

# INTERNATIONAL JOURNAL OF NEUROPSYCHOTHERAPY



## Aims & Scope

The International Journal of Neuropsychotherapy (IJNPT) is a subscriber based online journal that considers manuscripts on all aspects of integrative, biopsychosocial issues related to psychotherapy. IJNPT aims to explore the neurological or other biological underpinnings of mental states and disorders to advance the therapeutic practice of psychotherapy.

Our mission is to provide researchers, educators and clinicians with the best research from around the world to raise awareness of the neuropsychotherapy perspective to mental health interventions.

## We are looking for the following types of articles:

- **Letters & Research Notes:** Short descriptions of important current research findings associated with, and important to, a biopsychosocial understanding of psychopathology and therapeutic interventions.
- **Articles:** Papers of original and current research findings associated with the neurological or other biological underpinnings

of mental states/disorders, or advances in any biological/psychological/social understanding of interrelatedness and impact on psychopathology or normative mental states and how these advances in knowledge impact therapeutic practice.

- **Review Articles:** Meta-analytical papers and other such review research directly related to Neuropsychotherapy (see description of 'Articles' above).

## Submission Guidelines

Research papers should be formatted to the general IMRAD layout and follow APA style. For a review of acceptable format you can visit the International Committee of Medical Journal Editors articles on Preparing a Manuscript for Submission to a Biomedical Journal.

Manuscripts must be sent via email to [editor@IJNPT.net](mailto:editor@IJNPT.net) and accompanied by a cover note, which should include the following information:

- A full statement to the editor, about all submissions and previous reports that might be regarded as redundant publication of the same or very similar work. Any such work should be referred to specifically and referenced in the new paper. Copies of such material should be included with the submitted paper to help us address the situation.
- A statement of financial or other relationships that might lead to a conflict of interest, if that information is not included in the manuscript itself.
- A statement that the manuscript has been read and approved by all the authors, and that each author believes that the manuscript represents honest work.
- The name, address, and telephone number of the corresponding author, who is responsible for communicating with the other authors about revisions and final approval of the proofs, if that information is not included in the manuscript itself.

## Peer-review Policies

Manuscripts will be reviewed by internationally recognised experts in the fields of psychology, neurology, psychiatry, and related practices represented by our Panel of Experts and Board of Advisors. Final decisions will be made by the Editor in Chief in collaboration with advisors.

## Editing

Articles will be published immediately upon acceptance as a provisional PDF. A fully copyedited version will be made available shortly after the initial posting. The process of Copy Editing is only for the correction of grammar, spelling, formatting and misused words.

## Redundancy & Copyright

Manuscripts that have been published in another journal or citable form will be considered redundant and will not be considered. Authors are responsible for ensuring material submitted does not infringe existing copyrights or the rights of a third party.



# MAGAZINE

## CONTENT SUBMISSION GUIDELINES

**W**e are catering to a broad cross-section of the medical/social science fields in an integrative approach to theory and practice of mind/brain/relational therapy. Most of our readers will be professionals in the areas of neuroscience, psychology, sociology, and related modes of therapy and intervention. Some of our readers will not be practicing in these areas, but are simply interested in the mind and human behaviour. Our content, therefore, is written in an intelligent, properly referenced, yet accessible manner for a broad audience.

### **What we are looking for?**

Original research papers, articles, interviews, and reviews.

Your article should be clearly articulated, original, insightful, and properly referenced where applicable (APA style). You should avoid niche specific jargon that would be difficult to understand by an intelligent reader from another field of expertise. We value both informal journalistic styles as well as research papers – however, formal research papers, depending on the subject matter, may be better directed to our scientific journal rather than this magazine.

If your article is a case study then identi-

fying information of clients and case material must be sufficiently changed to protect confidentiality and privacy of all involved. The Neuropsychotherapist will not be held liable for any breaches of confidentiality or privacy, this is the responsibility of the author.

### **Where will we publish your articles?**

There are two places we publish material depending on the choices of the Editor:

1. In our quarterly magazine, with summaries of feature articles on our website.
2. On our website as a stand-alone monograph or web post, depending on length

and content.

## Elements of our Magazine:

### Features

Feature articles, between 2,000-7,000 words, can be on any subject related to Neuropsychotherapy. There will be six features published in our magazine each quarter and a summary of the article published on the website. We will be looking for a broad selection of topics for each quarters publication.

### Departments

There are a number of departments in the magazine covering specialised fields and specific interests. These departments will feature short, informal journalism on a particular topic and are somewhere between 500-1000 words in length. The departments are: Neurology; Malleable Nature; Integration; Speculation; Applied Neuropsychotherapy; Consciousness; Spotlight (focus on an individual). Departmental content will be highlighted on the website.

There are also 'Regular' items including Your Say, a Calendar, News in Brief, Research Front, On The Web, Book Reviews, and Last Word. In general most material for these sections will be sought by one of our editors assigned to these sections.

Finally blog style content is displayed on the website under any of the above subjects, but is not published in the journal.

## Compensation for Contributors

Writers for our magazine will be compensated for their contribution in various ways depending on the type of contribution made. Please refer to [www.neuropsychotherapist.com/submissions](http://www.neuropsychotherapist.com/submissions) for further details.

## Submission Process

**Feature Articles:** Please email a brief summary of your article (not the whole article) and a brief biography to [submissions@neuropsychotherapist.com](mailto:submissions@neuropsychotherapist.com). Let us know if your article has been previously published online, in print, or elsewhere. If you have been published elsewhere make sure you have the rights or permission to re-publish that particular article. If your article is of interest to us, one of our staff editors will get back to you via email. If we are interested

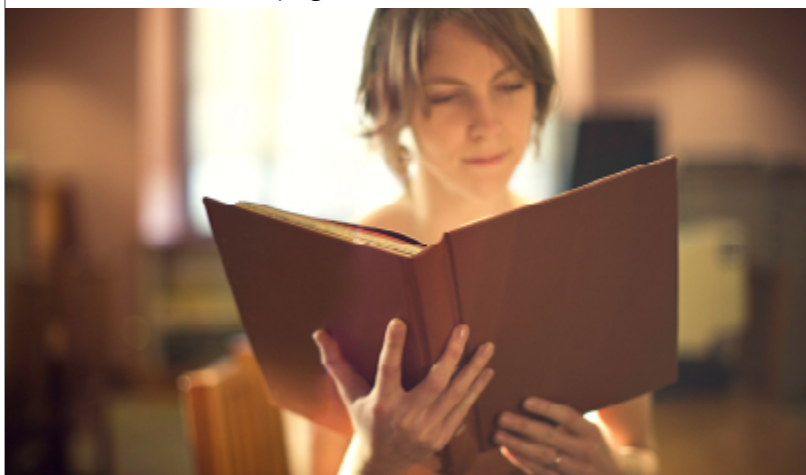
in publishing your article, there will be a process of editing and revising in which we will collaborate with you via email to arrive at a high quality article with the appropriate 'fit' for our readership. (Please note that we will endeavour to respond to everyone who makes a submission, but this cannot be guaranteed depending on the volume of submissions)

**Departments:** Please email your article to [submissions@neuropsychotherapist.com](mailto:submissions@neuropsychotherapist.com) along with a brief biography (name, letters, professional position & activities). One of our staff editors will respond to you if the article is what we are looking for.

**Blogs:** We are selecting professionals from various disciplines to be represented on our site as experts in their field and ones who will help us answer our 'Big Questions' as well as providing interesting content to our readers. Email us and introduce yourself. Let us know your credentials, a brief biography, what your particular interest is, and what you would be providing to our readers. We would like our selected 'expert' bloggers to have a long-term commitment (at least 12 months) of being represented on our site. This provides our readers with some consistency and you, as an author, time to develop a following. The Editor retains the right to terminate any blogger, should there be a compelling reason to do so.

## Agreement

All contributors of original content must sign a publishing agreement with us. You can find this agreement here <http://www.neuropsychotherapist.com/wp-content/uploads/2012/10/The-Neuropsychotherapist-Publishing-Agreement1.1.pdf> or from a link on the submissions page.



*That's a lot of information...*

# Tell Me Again...

# How I Can Be Involved?

## FEATURED AUTHOR

### WHAT:

- Feature Article.
- Research Papers, Articles, Interview, Reviews.
- From experts in the field.
- Between 2000-7000 words.

### WHERE:

- Quarterly Magazine will accommodate 6 Feature Articles.

### HOW:

- Submit abstract or summary to [editor@neuropsychotherapist.com](mailto:editor@neuropsychotherapist.com)
- Discuss the submission with us.
- Sign the Publishing Agreement with us prior to publication.

## DEPARTMENT AUTHOR

### WHAT:

- Short Articles.
- The departments are: Neurology, Malleable Nature, Integration, Applied Neuropsychotherapy, Consciousness, Spotlight, Speculation.
- From experts in the field.
- Written in a clear journalistic style.
- Between 100-1000 words.

### WHERE:

- Quarterly Magazine will accommodate 1 or 2 articles for each department.
- Articles that don't make it into the magazine will be published on the website.

### HOW:

- Submit abstract or summary to the department editor or to [editor@neuropsychotherapist.com](mailto:editor@neuropsychotherapist.com)
- Discuss the submission with us.
- Sign the Publishing Agreement with us prior to publication.

## PANEL OF EXPERTS

### WHAT:

- Expert in a particular field who is recognised and hosted by us as such and is invited to post on our site.
- Will have 'Author' rights on our site and will be able to post content, and engage with the public if they so choose.
- Will be part of the expert panel who answer the 'Big Questions' we periodically pose on the site.

## **WHERE:**

- The Website.

## **HOW:**

- Either invited by us or email us and introduce yourself.
- Will be given all the step-by-step details on how to operate on our site, post content, respond to comments and so on.
- Will be fully supported by staff in all technical processes.

# **GENERAL INFO**

## **WHAT:**

- News Reports.
- Calendar Events.
- Letter's to the Editor or 'Your Say'.
- Research Front news and info.
- Website reviews and information.
- Book Reviews.

## **WHERE:**

- Quarterly Magazine will accommodate a few of the above items at the discretion of the Editor-in-Chief
- What does not make the magazine will be published on the website, again at the Editors discretion.

## **HOW:**

- Submit your content to [editor@neuropsychotherapist.com](mailto:editor@neuropsychotherapist.com)
- Discuss the submission with us.

# **SUBSCRIBER**

## **WHAT:**

- Member Subscriber.
- Pays a yearly or biyearly subscription to have membership access to our journal, magazine and website.

- Access to all issues of our Magazine/Journal online.
- Access to bonus monographs and other posts and information not available to the general public.
- Other membership discount offers and privileges.

## **WHERE:**

- Subscription is via a registration form online.
- Details of subscription are posted at

## **HOW:**

- Subscription is via the secure PayPal portal.
- Email confirmation will be sent to you after payment.
- Log into the site is via the 'members login' link in the footer of the site. Your username and password is all that is required.
- Membership material, including the journal, will automatically be visible on the site (if you are not seeing material such as the journal issues and bonus material you are probably not logged in)

# **JOURNAL PAPERS**

## **WHAT:**

- Formal papers for the International Journal of Neuropsychotherapy.
- More specifically, papers directly related to neurological/biological underpinnings of psychopathology and directed toward therapeutic relevance/application. Also papers with a biopsychosocial orientation looking to broaden and enhance therapeutic effectiveness through a multidisciplinary awareness of relevant contemporary research.

## **WHERE:**

- International Journal of Neuropsychotherapy.

## **HOW:**

- Submit abstract or summary to [editor@ijnpt.net](mailto:editor@ijnpt.net)
- Discuss the submission with us.
- Sign the Publishing Agreement with us prior to publication.

# THE LAST WORD

**W**e are well on our way into a paradigm shift. Not only in mental health, but in all the sciences where classical, and often isolated, views are being challenged and multidisciplinary cooperation is the order of the day. Measuring, monitoring and imaging equipment is becoming highly sophisticated and powerful as the computing world takes incredible leaps forward. This has brought a wealth of new knowledge about our biology and its enmeshment with our psychology. In the social sciences we see an embrace of ancient wisdom, contemporary research borrowing from a broad diversification of fields, and a latitude for the unknown to be part of our theoretical and clinical approach to people and their problems. Not the least of these is the area of Neuropsychotherapy where we take a multidisciplinary approach to understanding the interplay of neurons, chemicals, affect, cognition, and relationships to understand a mind/brain entity that is more wonderfully adaptable, pliable and complex than we have ever imagined.

This is an exciting journey to be taking together and we hope you will see our journal and website as an integral part of this exploration into the amazing world of our minds. There are times when incredible scientific minds stand out like lighthouses in the dark. Their brilliant understanding and creative minds push the envelope of their field into places that benefit generations to come. But I would say the greater momentum and increase in knowledge today is not coming from any individual, but from the multitude of dedicated professionals working in tandem and cooperation with one another to advance our understanding of the world. The Genome project and subsequent Encode work on our DNA is a case in point. We want to be part of that networking and cooperation of the many in the field of mind/brain science. The hope is our journal and website would provide somewhat of a common place to meet and discuss and learn from one another.

We do not represent any institution, association, university, or corporation, with additional agendas. If we can be a successful publication that inspires cooperation, creativity and advancement toward better therapy, then we have met our agenda.

It is our hope that the future will see The Neuropsychotherapist host conferences and multimedia presentations as an extension of what we are doing in our journal. Given enough traction with a growing subscriber base, we will be exploring these opportunities to be even more of a gathering place of like-minded researchers, educators and clinicians.

Welcome to our community with an ever expanding view of people and how best to help them.

# THE NEUROPSYCHOTHERAPIST