



# UPWARDS AND ONWARDS – WITH YOUR SUPPORT

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**So far – so good! You seem to like Sus. At the risk of being self-indulgent this Editorial therefore intends to examine your responses to the launch edition of the European Journal of Clinical Hypnosis; your commendations and criticisms and how they will influence the Journal's future development.**

How the EJCH develops will depend to a very significant extent on you. Some 85 per cent of subscribers filled in the Response Page's reply boxes and nearly 60 per cent added comments and suggestions. That has already proved extremely helpful. It is hoped the majority of readers will continue to send back the Response Page after each edition.

**All replies received after the launch edition were read and considered carefully. In fact action has already been taken on several of them – for instance a number of readers asked for a thicker cover and others suggested more pages. The use of colour was also proposed by several and as you will see all these ideas have been acted upon.**

Overall reaction to the launch edition was highly favourable, with both clinical and general articles receiving praise. However a number of comments disclosed clearly divergent attitudes among those wishing to see more research-based reports – such as the paper on inflammatory bowel disease – and many who judged some of the articles as far too academic and over-reliant on statistics. Maintaining an acceptable balance is clearly going to be difficult.

A substantial number of readers wish to see case studies and this issue carries two – one of them on pain control which was another area of considerable interest to many. Most case studies of course are anonymised and the EJCH expect the majority of its future reports will also carry pseudonyms for clients. The Journal though, hopes to break fresh ground by also carrying case study reports in which the client gives his or her account of the therapy. It is appreciated this is a delicate area and in many cases would not be appropriate. However it is believed that in some circumstances therapists will find it helpful to see the treatment from the client's viewpoint.

Almost as many readers requested articles on Neuro Linguistic Programming – although

several specifically urged the Journal to exclude NLP from its pages. The opposition by some hypnotherapists to NLP is understood. The Journal however also knows that many readers, if not the majority, incorporate elements of NLP in their work. It tends to the view that the successful therapist is the therapist who uses *what works* and takes an eclectic attitude to ideas and therapeutic theories. Therefore the EJCH is prepared to consider articles on Neuro Linguistic Programming for inclusion in future editions.

**The Journal was particularly attracted to a proposal sent in by several readers urging the creation of a Problems Page. The EJCH is now considering the possibility of a panel of experts whose advice would be available, via the pages of the Journal, to therapists seeking advice on unusual cases.**

**The Journal would like indications from readers whether such a service would be welcome and hopes readers will make their views known through the Response Page.**

Closely inter-related areas of concern to many readers were training, accreditation and registration within the United Kingdom. A steady stream of subscribers wrote asking whether the Journal could evaluate different courses or provide a "recommended" list. Unfortunately this is not within the Journal's remit. For a start the EJCH has neither the authority nor the resources to assess training programmes.

It must also be stressed that although this is an English-language publication, produced within the United Kingdom and whose subscribers are at present overwhelmingly British-based therapists, it is not intended as solely a British journal, or concerned only with issues affecting the UK. Our aim is to develop as international a service as we can. The Journal frankly admits it has so far tended to concentrate on the British Isles, both for contributors and subscribers. But its frontiers spread beyond the British Isles and its policy remains the building of international bridges, linking clinical hypnotherapy and therapists through articles and reports which will be of interest and relevance to practitioners in many different countries.

**It was most gratifying how many readers recognised and welcomed the EJCH's other major policy – accessibility. The Journal's pages are open to all who are involved with ethical hypnosis and who have something of value to say. It is determined to resist pressures towards exclusivity, rejecting totally factionalism; for the EJCH believes it has been these twin attitudes which, in the past, have bedevilled this field too often.**