

# International Journal of PSYCHOTHERAPY

## IJP Editor's Report - to the EAP Annual General Meeting: Athens, June 2015.

Dear Colleagues,

There are a number of reportable items needed so as to bring people up-to-date about the IJP: thus, there is quite a lot of information for quite a short written report: further detail and information can be found on the IJP website: [www.ijp.org.uk](http://www.ijp.org.uk) under "Editorial Board News". So, here are just the "bullet-points":

1. **Special Issue: Vol. 19, No. 1, March 2015 on Existential Psychotherapy:** We are remarkably pleased with the breadth and scope of this latest Special Issue. 150 extra copies have been delivered to the 1<sup>st</sup> World Congress for Existential Therapy in London in May 2015, which gives us - and them - a little extra 'profit', as well as additional publicity for us both.
2. **Special Issue on "Psychotherapy and Mindfulness":** We are planning another "Special Issue" in 2016 on this topic and **David Brazier** (a British author of several books and a (retired) psychotherapist, known particularly for his writings on Zen Buddhism and psychotherapy) has agreed to "edit" this issue. The plans are looking good! There is also a page on the IJP website about possible other "Special Issues".
3. **Next Issue (Vol. 19, No. 2, July 2015):** This has been sent to the printers in good time for copies to be available at the AGM. Individual (and Student) Members get a free copy; all NAOs and EWAOs get 3 copies; and EAPTIs get a free copy, this year (see below).
4. **Subscriptions:** Individual Subscriptions have gone up this year by a little bit to cover increased postage costs and Institutional Subscriptions went up slightly last year. We are still incredibly 'cheap' for a professional journal as our 'mission' – as an independent journal – is more to inform, rather than make a profit. For more details, see the IJP website, "Subscriptions" section.
5. **Current Production & Costs:** We print 500 copies per issue, with three issues a year; and we 'sell' or 'distribute' about 450-470 copies, with about 30-50 copies usually left over for "Back Issue" sales.

The total annual expenditure on the Journal (including printing, postage, website, office admin, editorial costs, etc. is *about* €15,000 p.a., thus each copy of the IJP (3 x 500 = 1,500) costs us *about* €10.00 per copy. So – the "cost price plus" per copy for a normal issue is *about* €12.00. "Special Issues" with more pages are more expensive and we usually print more copies.

The complex financial relationship with EAP is now getting much clearer, and we are hoping to "break-even" with respect to our annual income and expenditure in 2016-17. We have also built up about €10,000 in the bank as a 'reserve' for new 'projects'. (NB: The financial figures for the IJP in the AGM Treasurer's Report do not reflect our 'actual' profitability.)

6. **Increased Circulation Figures:** We obviously want to increase our circulation figures and – to this end – we have a couple of proposals:
  - (A) We are proposing to the EAP Board that **all** Organisational Members (not just the NUOs and EWOs) should take out an internal "Institutional" subscription (getting 3 copies per issue).
  - (B) However, the main "available" source of extra circulation is probably from the European Accredited Psychotherapy Training Institutes (EAPTIs) – there are currently about 70 training schools accredited by the EAP, each with a good number of students, but (of course) not all of these students are able to read English. We propose sending each EAPTI a (free) subscription, for just 1 year, so that they can display this for their students; and we have also created a new low-cost "EAPTI Student/Trainee 2-year Subscription" (renewable once: i.e. up to 4-years max.).
7. **Impact Factor:** Our clear intention – for the last two/three years – has been to obtain an "impact factor" by becoming cited in the **Thompson-Reuters: Social Science Citation Index**. We are still progressing with this project. We have also recently applied to **PubMedCentral** - a free access archive of biomedical and life sciences journal literature, organised by the US National Institute of Health – who may also provide us with an impact factor.

8. **Policies and Procedures:** As a part of this increasing process of “professionalization”, we are also being ‘required’ to have in place certain ‘policies and procedures’. These are currently in the process of development: and I would therefore like your opinion on these. I recently added a section to the bottom of the “Ethos” page of the IJP website, and I now draw your attention to this section. We would really welcome some feedback on these ‘policy’ documents: some of them may be ‘necessary’, some may be more ‘politically correct’. Anyway, let us know your views.

9. **Double-Blind Peer-Reviewing:** All articles published need to be not only “peer-reviewed” but “double-blind” – so that reviewers don’t know who the authors are, and visa versa. This process is complicated, but necessary for getting properly “cited” – and is continuing well with the invaluable assistance of Marzena Rusanowska (our Editorial Assistant) from Poland. Details about this process (and about how long it takes) are on the IJP website.

We currently have about 2 issues worth of articles that need reviewing, so – if you would like to review any potential future articles for us – please contact her.

10. **Book Reviews:** Additionally, we have a number of newly published books (**in English**) – sent to us by various UK & USA publishers – and they are all listed on the IJP website under “Book Reviews”. If any one of you would like to review – and keep – one of these (sometimes quite expensive) new books, please just contact me and I will send it to you.

We also want to recruit some new “Book Review Editors” to do the same in other countries and in other languages. If you are interested, again, there are details on the IJP website and then please contact me.

11. **An On-line Journal:** There is also another possible – very important – “future direction”: that is making the Journal more “on-line”, or “electronic”, or even “open access” – or generally more up-to-date – as a professional “internet” journal. I would very much like to retain our printed version, as well, but I would also be very happy to consider producing a downloadable PDF version, or a Kindle, or an e-book version – or something similar. What one can save on printing and postage costs, can be put into much better layout and design, but there are other considerations as well. However, this sort of progression needs to be carefully planned and also needs to be much more the work of an active “production team”, gently progressing things in a clear forward direction, rather than the work of just one or two people – and also not making any more work for me!

12. **Sad News:** Our excellent Executive Editor, **Theodor Itten**, (from Switzerland) has recently decided to resign from the IJP Editorial Board. He has been associated with the Journal for about 9 years; his cheery presence at our meetings has been very welcome; and his wisdom has been invaluable: he has also been very supportive as a personal friend.

He contributed significantly to two Special Issues: “Different Approaches to Depression” (Vol. 13, No. 2, 2009) and “R.D. Laing: 50 years after ‘The Divided Self’” (Vol. 15, No. 2, 2011) and helped co-edit a book coming out of this Special Issue (PCS Books, 2012).

Thankfully, he has agreed to join the IJP International Advisory Board, so we will still be “in touch” with him.

13. **Back Issues: Vols. 1-8:** We have just had some very good news: PSC Ltd. (who archives the Journals) has agreed to scan all the issues in Volumes 1-8 and send these to us. This means that we now have a complete digital archive of all the articles and issues since the founding of the Journal in 1996. We will soon make these available as PDF files, via our “Catalogue” on the website.

14. **Any Other Business:** We are still in the process of putting together some “Special Collections” of Back-Issue articles (please, see IJP website section on “Collections”). These collections of articles – all on the same theme – will be available as PDF files (for a modest sum) and the first of these should be available in about July.

As we approach our 20<sup>th</sup> year of publication, we are - as always - very open to any other topics or suggestions etc. for the Journal: please send them to [admin@ijp.co.uk](mailto:admin@ijp.co.uk). *Thank You!*

Courtenay Young, IJP Editor  
May/June, 2015

---