



Template for **Spotlight** articles

Thank you for considering writing an article for InSight.

Spotlight is dedicated to shedding light on the diverse roles of art therapists within a broad range of settings. The articles are written in the first person and give an insight into one art therapist's practice.

Writing style

InSight is not an academic publication and submissions can be written in a less formal style than for peer-reviewed journals. Please write in plain English, not in academic language. This means:

- no jargon
- no acronyms, unless well known, eg the NHS
- short sentences
- simple punctuation

Writing in plain English can be difficult when you know a subject very well. You may find [Hemingway editor](#) or the [plain English dictionary](#) useful.

Informed consent

Please do not mention any particular cases or people in your article. To include quotes, you will need to follow legal requirements about data protection law and obtain informed consent, even if they are anonymised.

Fully informed consent should be obtained before submission for publication: in **InSight**; on **our website**; and across **our social media platforms**.



Template and questions

Word limit

No more than **1,000** words in length.

Author photos:

Please provide 4 x photos of you in your workplace or studio.
(Please get permission from your workplace)

Quotes

If you have consent to, please include up to 4 quotes from your clients/service users.

Title: Working as an art therapist in/with _____

1. Who are you?

(When did you train as an art therapist, are you now a state-registered art therapist in the UK or do you work under a different system in another region of the world?)

2. Where I work as an art therapist

(Who do you work with and where?)

3. Getting here

(What led you to this practice setting, how did you prepare for this role, work experience needed, any special training or requirements?)

4. A typical day at work

(A typical day at work like, including highlights, struggles and challenges etc...)

5. What I love about what I do

(What motivates you and why do you keep working in this field?)



6. How I look after myself in my role

(Service provider care, support from the organisation, your self-care practices, how you refuel as part of your role...)

7. What I wish I had known when I started

(What was unexpected/unknown before you started, what were the harder lessons learnt along the way that you'd like to share?)

8. Moving forward

(What are your thoughts on the growth of this area of art therapy?)

Submitting and editing

How to submit

Please send all submissions to InSight@baat.org

Editing and copyright

We reserve the right to edit or amend articles for length and content or to refuse them at our discretion. Original articles and other contributions published in InSight may be reproduced only with permission from the British Association of Art Therapists and the named author.