



We have two publications for survivors of trauma that you may be interested in submitting your creativity to.

Bridge of Hope—Focuses on Trauma & Dissociation

Nourishing Hearts— Focuses on Trauma & Eating Disorders

Publication Submission Guidelines

Send submissions to newsletter@hope4-recovery.net

We ask that submissions do not include extremely graphic artwork or profanity in the writings submitted. Your chances of publication are improved if you remember that our goal is to provide a forum for survivors who are going through struggles, many times alone.

Writers and Poets

It's helpful if articles are typed. You can submit by email, but please limit the files to .doc, .txt, or .pdf. It's safer to paste the message right into the email. Try hard to keep your writing to four pages or less, double spaced. It's very difficult to find room for long pieces. You can create your document in google docs and just send the link to newsletter@hope4-recovery.net

If you must hand write or print, that's okay - just make sure it can be read. You may certainly send ideas or articles that are not on the themes listed for a particular quarter. If it's for a distant month, we file it. If it's a topic we don't have on the schedule, and if it's clear and helpful, we often find room for it somewhere. Your idea may suggest a complete theme-issue for the future.

Humor

The common, frustrating experiences of health issues, trauma and dissociation, mental and physical health care systems, and general experiences are the most typical of the work we use. Very short, humorous thoughts are always useful for filling gaps on a page - if you have a great one-liner or a short clean joke, please sent it in.

Book Reviews, CD Reviews, etc.:

We use as many as we can and always appreciate them. Sometimes, if an item doesn't make it in the book review column, it can be mentioned on the website. These ideas can also be used in the resource guide we plan to publish.

Resources

We are eager to hear about conferences, support groups, and special projects. These can be for consumers or professionals.

Therapists' Page

We may ask specific therapists directly for their help with this, but we are open to suggestions. We are also open to submissions from people who are both clients and professionals.

Supportive Others

This section is for those who are in relationships with survivors and who are part of the support system. Please limit this material to no more than four typed double spaced pages.

Letters

We may printed selected letters that may be of interest to the general readership, at your request. This may be in the publication or on the website. In both cases, if we have your address or email, we will forward replies. We suggest you do not release your home address to strangers, but you may be able to use a post off box, a therapist's address, or a business address to receive mail from people you don't know. We do not provide pen-pal matching services. Letters to Hope Recovery will be answered as time allows.

Artists

We are always looking for quality art, for both our publications. Publication art must be able to be reproduced in black and white. Clear black and white line drawings reproduce the best in the newsletters. Avoid folding artwork. It's hard to clean the folds when the art is scanned. Clearly-drawn cartoons are always a treat to receive. Sometimes it takes a few issues to get them in print, but our goal is to allow most of them to make it.

We prefer to work with originals or clear photocopies. If you must photocopy your submission, try to minimize the gray speckles that don't belong. Photocopies of art with shading are usually hard to reproduce. Better to send the original. It can be scanned and returned if you wish. We will gladly return original art accompanied by a self-addressed, stamped envelope. Please make sure it is large enough. We do not return photocopies.

Special Note

Of course, you may know we can't publish everything we receive - even if it's wonderful. There just isn't room.

Whether or not your material appears, please know how much you are appreciated for sharing, in every way. Without your sharing, there would be no publication at all. Your ideas for future topics are always welcome and are saved for review when the theme decisions are made.

We wish we could meet each of you and let you know what strength your struggles and successes with the healing process gives to the readership. Every step forward you take is making a positive difference in the world.

Thank you!