

AI Guidelines for BACP Divisional Journals, Therapy Today and Blogs

These guidelines provide clear guidance on the responsible use of Artificial Intelligence (AI) tools in the editorial process for our seven divisional journals, Therapy Today and website blogs. Our goal is to maintain the integrity, originality and professional standards of our content, while recognising the value of AI tools in supporting editorial workflows and accessibility for contributors.

Principles

We support the use of AI tools as a means to enhance productivity, accuracy and clarity in editorial work. However, we draw a clear distinction between assistance and authorship. All submitted work must reflect original human thought and authorship. AI-generated content must not be presented as the work of the named author.

Permitted uses of AI

- **Grammar and syntax:** Correcting spelling, grammar, punctuation and sentence structure.
- **Formatting:** Standardising formatting or style to match house style guides.
- **Clarity and flow:** Improving sentence clarity and readability, without altering meaning or intent.
- **Accessibility support:** Assisting neurodivergent authors in expressing their ideas more clearly or fluently – for example, through grammar correction or sentence restructuring – without generating original content or perspectives on their behalf.

Prohibited uses of AI

- **Content creation:** AI must not be used to generate original content, ideas, arguments, perspectives or opinions. All content must originate from human authorship.
- **Fact generation:** AI should not be used to supply facts, figures, quotes or analysis. These must be researched and verified through traditional journalistic methods.
- **Bylined work:** Content submitted under a byline must be the work of the named author, not generated by AI.
- **Use of existing content via AI:** Authors must not use AI tools to reword or repurpose existing content (published or unpublished) in a way that constitutes plagiarism or unattributed derivative work. Using AI to imitate, paraphrase or subtly alter existing text without proper attribution is prohibited and will be treated as a breach of editorial ethics.

Author declarations

- All authors must confirm whether AI tools were used during the preparation of their article, including specific details on how and where they were applied.
- This confirmation will be recorded on the author consent form, which will be provided by the editor.
- Failure to disclose the use of AI tools may result in content being rejected, revised or retracted.

Important to note

The examples provided under permitted and prohibited uses of AI are not exhaustive. If authors are uncertain whether their intended use of AI aligns with these guidelines, they are strongly encouraged to contact the editorial team for clarification before submitting their work.

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