**PARTICIPANTS NEEDED FOR A STUDY ON SELF-CARE**



**If you are a UK resident, BACP registered counsellor, within your first five years of active practice and would be interested in participating in a study on self-care,**

**I would love to hear from you.**

I am an undergraduate student in the School of Psychology at the University of East London, currently studying for a BSc in Counselling, and have chosen to research this subject as it is something I personally struggle with despite being aware of its importance to ethical practice.

Participation in my study will involve a face-to-face online informal interview, lasting around one hour, via Microsoft Teams which will be audio recorded and I am looking to explore what self-care means to you personally, as a novice counsellor, and what you have learned thus far about self-care from your own experiences as a developing professional. I am not looking for ‘experts’ on the subject, there are no right or wrong answers, and you will not be personally analysed or judged in any way. I welcome participants of any age, religion, gender or culture and regardless of modality, specialism, or work setting.

It is hoped that new knowledge in this area could help to broaden the perspective of self-care, normalise the stresses of therapeutic work and the struggles of balancing care of self and care of others and invite more open discussion on the subject including how it could best be covered during training.

My research has been approved by the School of Psychology Research Ethics Committee. This means that my research follows the standard of research ethics set by the British Psychological Society.

If you would like to know more about the study, without any commitment, or if you have any questions about my research please do not hesitate to get in touch.

Linda Hillery

Email: [U1817843@uel.ac.uk](mailto:U1817843@uel.ac.uk)