

Participant Information Sheet

Research Investigator

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Consent to participate in Research Study

The purpose of this document is to provide you with the necessary information for you to be able to consider participating in this study. Please take the time to read the following information carefully. Please feel free to ask questions if anything you read is not clear or if you would like more information. The study is being conducted as part of my Professional Doctorate in Counselling Psychology at the University of Roehampton.

Project title

An exploration of the experiences of therapists with a history of trauma working therapeutically with traumatised clients

Project Description

Research suggests that all therapeutic work carries the potential of an adverse impact on the therapist. However, trauma work has been proposed to have additional challenges associated with indirect exposure to clients' traumatic material. Research in the field has mainly concentrated on the negative implications of trauma work. However, recently the focus has shifted to researching the positive aspects of trauma work as well as the negative, implying that they are co-occurring rather than mutually exclusive.

The therapists personal history of trauma has been identified as a contributing factor to both positive and negative implications of trauma work. The research findings suggest that therapists with a history of trauma, experience more positive and negative implications as a result of therapeutic engagement with traumatised clients. The research findings to date, do not reveal any detail about the experience and meanings derived from these therapeutic encounters. This is important, due to many "wounded healers" being drawn to psychological disciplines, making shared trauma between client and therapist a frequent occurrence. This study will aim to give voice to the rich experience of this group of clinicians and shed light on how therapists navigate the challenges and rewards of the therapeutic work with traumatised clients.

Location

Due to the Covid-19 outbreak and the current national lockdown, the interviews will take place online via the app Zoom. Participants willing to take part in this research will need to download the Zoom app before the interview can take place.

Interviews

Due to the Covid-19 outbreak, interviews with interested participants will take place online via the app Zoom. The researcher will liaise with participant to find a suitable date and time for the interview to take place. Once a convenient date and time has been identified, the researcher will send a Zoom meeting invitation to participants. Participants will be sent the consent form via Zoom chat. They will be asked to sign it with an electronic signature or

by writing out their full name, and then sent it back to the researcher via Zoom. Participants will be asked a few questions about their experience of the therapeutic encounter when working with traumatised clients, to be answered in their own words. There are no right or wrong answers to the interview questions as the researcher is interested in participants' individual personal experience. The interview will last between 60-90 minutes. Participants have the right to withdraw their consent at any time up until analysis. If during the interview participants were to feel any distress, they can choose to end the interview or take a break and resume when they feel ready. Participants will be sent a debrief form after the interview via Zoom, which will include numbers of supportive agencies, as well as the researcher and the research supervisor's contact details in case of any questions.

Data storage

Data will be stored and destroyed in line with the University of Roehampton's Data Storage Guidelines for Researchers and the University of Roehampton's Record Retention Schedule.

Data will be collected using the voice record function on the Zoom app. Participants audio files and data transcripts will be stored on the University of Roehampton's encrypted OneDrive. Data transcripts will be pseudonymised, so anyone reading the data transcript would not be able to identify the participant. The data will be confidential and it will not be shared with anyone apart from with the supervisors of the project.

Confidentiality

The information shared during the interview will remain confidential. The only time the researcher will break confidentiality is if there are concerns around participants of unethical practice or regarding risk of harm to self and others. In event of this, the researcher will inform the supervisory team and information may be passed onto other agencies.

Disclaimer

You are not obliged to take part in this study, participation is entirely voluntary. You are free to withdraw at any time up until analysis at which point the data will be anonymised. Should you choose to withdraw from the study you may do so without any obligation to give a reason. Should you withdraw, you reserve the right for the data gathered during your interview to be destroyed and not used as part of the project.

Please feel free to ask me any questions. If you are happy to continue you will be asked to sign a consent form prior to your participation.

If you have any questions or concerns about how the study has been conducted, please contact one of the following:

Director of Studies: Dr Igi Moon, School of Psychology, University of Roehampton,
Holybourne Ave, Roehampton, London SW15 4JD
Email: Igi.Moon@roehampton.ac.uk

Thank you for your time.

Polina Lukanova
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