

Participant Information Sheet and Consent Form

Study Title: Between Worlds: A Mixed-Methods Exploration of Cultural Identity Integration and Professional Confidence Among Dual Heritage Counsellors and Counsellors-in-Training

Researcher: [Your full name]

Institution: [Your training provider or course name]

Supervisor (if applicable): [Tutor or supervisor name]

Purpose of the Study

This research explores how dual heritage counsellors and counsellors-in-training experience the integration of their cultural identities, and how this relates to professional confidence and belonging within the counselling profession. The findings will contribute to understanding diversity and identity in counselling practice and may form part of my diploma research project.

Why You Have Been Invited

You are invited to take part if you identify as dual or mixed heritage, and are a trainee or qualified counsellor (aged 18 or over).

What Participation Involves

You can choose to complete a short online survey (5–10 minutes), and/or take part in a 30–45 minute interview (in person or online) about your experiences. Participation is voluntary — you may skip any question or withdraw from the study at any time before data analysis begins.

Confidentiality and Data Handling

All data will be kept anonymous and confidential. Any quotes used in written reports will be de-identified. Survey data will be stored securely and password-protected. Interview recordings will be deleted once transcribed and anonymised. Only the researcher and supervisor will access the data.

Potential Benefits and Risks

There are no anticipated risks, but reflecting on identity and confidence may feel emotional at times. You may find it helpful to discuss any issues arising with your supervisor, tutor, or personal therapist. Your contribution will help develop awareness of cultural identity and inclusion within the counselling profession.

Voluntary Participation and Right to Withdraw

Participation is entirely voluntary. You can withdraw your data at any time before [insert date / data analysis stage]. After that point, anonymised data may be used in the research write-up but will not be traceable to you.

Ethical Approval

This study has been reviewed and approved by [name of training provider / ethics committee] in line with the BACP Ethical Framework for the Counselling Professions (2018).

Contact Details

If you have questions or concerns about the study, please contact:

Researcher: [Your Name] – [Your email address]

Supervisor: [Name] – [Email address]

Consent Statement

Please confirm that you:

- Have read and understood the information above.
- Understand that your participation is voluntary.
- Understand that your data will remain anonymous and confidential.
- Consent to take part in this research project.

Name: _____

Date: _____

Signature (if printed form): _____