



Research Participant Information Sheet

The following information is provided to help you give informed consent should you wish to take part in the research.

Research Question

How might counsellors/ psychotherapists adapt the therapeutic boundaries when working with adult refugees and people seeking asylum in the United Kingdom?

Researcher's name and contact details

Mirdawati Goldsmith and email address: mirdagoldsmith@waverleyabbeycollege.ac.uk

Mobile number: +447986492939

Invitation

Thank you for your interest in my research. As mentioned in the research flyer, we all work within the therapeutic boundaries whether it is through our contract, ethical framework, our setting, modality, etc. Even doing this research, we operate based on the ethical boundary including this information form, the consent form, and the research process.

During my reasonably new experience working with the young refugees and people seeking asylum, I found my therapeutic boundaries have been challenged and moved. I am interested to find out how you and other counsellors/ psychotherapists might adapt your/ their therapeutic boundaries when working with adult refugees and people seeking asylum in the United Kingdom. There are a few studies found in similar topic but mostly based in other countries. I would like to address this gap in the research.

What is the purpose of the study?

Although this research is a part of my Master's study, I would like to inform the profession, not just the negative reporting around immigration policy and the crime committed by the asylum seekers or refugees which happened often in recent weeks. I hope the outcome of this research will inform our therapeutic practice and will contribute towards possible future research which will benefit our clients – the refugees and people seeking asylum. I would also like to find out what underlying mechanisms/ structures might influence the therapeutic boundaries.

Why have I been approached?

There are several criteria:

1. You are a qualified counsellor/ psychotherapist (trained to at least Diploma Level 4).
2. You are a registered member of a professional body such as BACP, ACC, UKCP, NCPS, BAAT or equivalent.
3. You have worked in one to one therapeutically with adult refugees and asylum seekers in the United Kingdom for at least a year (within the past three years or current practice).

Do I have to take part?

'You are invited but not obliged to take part in this research.'

What will happen if I take part?

- You can email me to arrange a phone call if you have any questions around the research ethics, any further information you need and discussion around the eligibility criteria.
- I will send you the consent form which you sign and return to me.
- We will arrange a suitable time for the interview. The interview can be in person, where I will come to you if it is convenient for you, I can cover the possible room hire costs or we can do an online interview using Zoom platform.
- I will also send you short questionnaires for other data collection via online form (answers to be accessed by me in the secure Waverley Abbey college supplied personal cloud file storage area). This is to understand the diversity and heterogeneity of the participants which may impact the therapeutic boundaries.
- I will send you the interview questions prompt the week before the interview.
- The interview will be audio recorded if it is in person and it will be video recorded if it is through online platform. The purpose of the recording is for transcribing for the data analysis, and it will be anonymised using pseudonyms or codes. No one will view the video recording. The audio of the recording will be transcribed. We will test the recording to ensure it works, and I will have a separate hardware recorder and use the phone as a backup in case of any technical problems.
- We will debrief after the interview to check if you are okay and how you feel after the interview. I will give you information post interview.
- You have the opportunity to add or change the information given at the interview within a week after the interview, you can also withdraw consent within that timeframe. After a week following the interview, the data will be analysed at which point it will be difficult to take out the data as it will be put in with other data for the analysis and coding.

What will it involve?

You will be given a short questionnaire (which may take 10 minutes to complete) initially to find out about your background and anything which impact your relationship with therapeutic boundaries.

You will take part in an interview, either in person or online and it will be audio/ video recorded for the transcription for data analysis. The interview will be semi-structured, where the prompt of the questions will be given before the week before the interview. This will help with the focus on the topic.

The interview process will be no longer than 90 minutes with the introduction, the recording will be around 45-60 minutes and the debrief at the end to check how you are afterwards. I will arrange to meet you at a place convenient for you, so the travel will be minimised. If online, you will need a laptop or phone with access to online platform. I will use Zoom platform with a password protected meeting.

What are the possible disadvantages and risks of taking part?

The potential risks of taking part including the risk of difficult feelings being evoked and any potential confidentiality breach for example theft of a laptop or hacker's breaching the secure cloud storage or being identified due to the smaller circles of working in this particular client groups. This will be managed by using pseudonyms during the interviews and in the dissertation, I will use the code; any personal details will be redacted and changed to avoid any identification. I will ensure the data is stored in the password protected cloud storage with two factor authenticator access to minimise the risk of a security breach.

Prior to the interview, we will discuss that it is not a counselling session but an interview, to protect you from risk of harm. In the event of you, the participant becoming distressed as a result of taking part in the research, I will ensure you have adequate time to debrief after the interview was completed. I will be available to talk to you at the debrief and signpost you to relevant support, such as, details of how to find a counsellor via the British Association for Counselling and Psychotherapy website and Counselling Directory, support line available, and resources around self-care.

What are the possible benefits of taking part?

The possible benefits of taking part could be that this research allow you to have a reflective practice around how you might have adapted your therapeutic boundaries when working with the refugees and people seeking asylum. It might inform your practice and develop the deeper, unobservable mechanism and structure below the surface are. It might highlight key considerations around this topic.

Taking part in this study means you are a part of a collaborative work, and it will help inform other counsellors/ psychotherapists' practice around the therapeutic boundary when working with refugees and asylum seekers, perhaps also inform the organisations they are working with. It gives an opportunity for you to be heard around this topic and enable contribution towards research which may inform the profession and impact future research. The research findings will be disseminated after the exit of the course from October 2026.

If I agree to take part, can I change my mind?

Yes, you have the right to withdraw your participation in the research at any time and withdraw your consent without giving reason or explanation. After one week of completing the interview and the online questionnaires, transcription and analysis of the interview data will begin. Whilst every effort will be taken to remove all data if consent is withdrawn at any point after, please be aware that it is usually impracticable to withdraw after in-depth analysis of the data and submission/publication of the research.

Will my data and personal information be kept anonymous and confidential?

Yes, I will keep the data confidential, anonymous and secure. I will use pseudonyms or codes in the data analysis and transcripts, your real name will be redacted or replaced by pseudonyms/ codes. Your personal details will be kept in a file separate from the transcript and other data. I will keep your data in the password protected files whenever possible which will be kept in a password protected laptop, password protected cloud storage account like the university OneDrive, Zoom Cloud and any paper copies in locked storage.

What will happen to my data after I have taken part in the research?

All your data will be kept confidential and anonymous through the use of pseudonyms/ codes. All identifying details will be changed in any interview transcripts. Confidentiality will also be maintained if any brief direct quotes from participants are used in the final MA dissertation or in future publication.

Who has reviewed the study?

This research has been reviewed and granted ethical approval by the Waverley Abbey College Research Ethics Committee.

How do I raise an issue or make a complaint if I am concerned?

If you wish to raise a concern or complaint, please contact me, Mirdawati Goldsmith via mirdagoldsmith@waverleyabbeycollege.ac.uk . You are also welcome to raise a concern or complaint with my research supervisor, Dr Gill Harvey who can be contacted via gharvey@waverleyabbeycollege.ac.uk , or the MA Programme Leader Dr Martin Stokley via Martin.Stokley@waverleyabbeycollege.ac.uk .

You can also discuss any concerns or make a formal complaint with the Chairperson of the Waverley Abbey College Research Ethics Committee, Dr Martin Stokley, who can be contacted via Martin.Stokley@waverleyabbeycollege.ac.uk . (For more information on the complaints procedures and policies, please contact Dr Martin Stokley).

What code of ethics or ethical framework does the researcher have to abide by?

I will abide by the Waverley Abbey College Research Ethics Policy and Procedures (a copy of the policy can be made available upon request). I will also adhere to the research ethics policy from BACP as I belong to this organisation (a copy of the policy can also be made available upon request).

What will happen to the data I provide?

Your data will be processed in accordance with Waverley Abbey College's relevant data policies and procedures. For more information, please see the Data Privacy Notice below.

You have the right to ask to see any information gathered on you by contacting me on mirdagoldsmith@waverleyabbeycollege.ac.uk. You also have the right to ask for information which you believe to be incorrect to be rectified. If you are concerned about the way your information is being handled, please email Waverley Abbey Colleges Data Protection Officer at simon.hawes@waverleyabbey.org. If you are still unhappy you have the right to complain to the Information Commissioner's Office.

In line with Waverley Abbey College policy, on the completion of the course, any raw data, such as, the audio/ video recording and questionnaires of the research will be securely destroyed. The transcripts of the interviews will be kept for a period of 18 months after the end of the course by the researcher and then securely destroyed.

Waverley Abbey College - Research Data Privacy Policy

Our contact details:

Waverley Abbey Trust
Waverley Abbey House,
Waverley Lane,
Farnham,
Surrey,
GU9 8EP
Phone Number: +44 (0)1252 784 700

E-mail: simon.hawes@waverleyabbey.org

What type of information is collected?

As part of the course requirements in the final research module, the following information is collected and processed:

- Personal identifiers and characteristics, including name, gender, age, cultural background including language, ethnicity, therapy setting (e.g. organisation, private practice, school), therapeutic modality, how long you have worked with refugees and asylum seekers in the UK, and how long you have been qualified. The name will be separately collected to protect the other information by using codes/ pseudonym on the other form.
- Contact details for use during the research process, such as email address, phone and numbers.
- In-depth interview data, which will be audio/ video recorded and a transcription of the recording will be created.

How we get the information and why we have it

We use the information that you have given us for research purposes as part of the course requirements of the MA Therapeutic Counselling and Psychotherapy. The personal information is used to complete the research on How might the counsellors/ psychotherapists adapt their therapeutic boundaries when working with refugees and people seeking asylum in the United Kingdom.

The personal information we process is provided to us directly by you for one of the following reasons:

- As part of your participation in my MA research project. The data will be collected, analysed and used solely for this research purpose.
- The data is collected by completion of consent form via a secure college's email account only; a semi-structured in-depth interview that is audio/ video recorded and a transcript is created from that recording either in person or online via Zoom platform with a password protected meeting.

Under the **General Data Protection Regulation (GDPR)**, the lawful bases we rely on for processing this information are:

Your consent. You are able to remove your consent at any time. You can do this by contacting Mirdawati Goldsmith – contact details: mirdagoldsmith@waverleyabbeycollege.ac.uk

Whilst every effort will be taken to remove all data if consent is withdrawn at any point after the research interview, it may be impracticable to withdraw all data after in-depth analysis of the data has commenced, and impractical to withdraw after submission/publication of the research.

What we do with the information we have

The data you provide is audio or video recorded, and only audio data will be used to make a transcription of that recording. The data you provided in the completion of consent form and questionnaires such gender, age range, cultural background, modality, setting, years of experience working refugees and people seeking asylum and years of qualification as counsellor/ psychotherapist (with no identifiable information) will also be used. All data will be analysed as part of the research process and in writing the dissertation.

Although the raw data I collect from you will not usually be shared with anyone else, the data may be shared with my research supervisor, Dr Gill Harvey at Waverley Abbey College, and, in rare circumstances, may be viewed by the programme's external examiner or other relevant assessors as part of the course requirements and relevant regulations under Middlesex University. In extreme circumstances, where there is imminent risk of harm or a legal obligation to disclose, data may be shared with relevant agencies and personnel.

In line with college policy, on completion of the course or exit of the course, any raw research data, such as, the audio/ video recording, your personal details including the consent form will be securely destroyed. The transcript of the interview and the written questionnaire will be kept for a period of 18 months after the end of the course by the researcher and then securely destroyed.

How we store your information

Your information is securely stored by in a password protected word document, kept in a password protected computer and password protected Waverley Abbey College supplied personal cloud file storage area, and any paper copies with your information will be stored in a locked cabinet (if the consent forms is a signed hardcopy).

We keep your personal information such as the video/ audio recordings, research participant information sheet and participant debrief information until the completion of the course which is September 2026. We will then dispose your information by shredding of the data, safely delete your data from the Waverley Abbey College supplied personal cloud stored area and any files in my personal laptop.

In line with college policy, on completion of the course or exit of the course, any raw research data, such as, the audio/ video recording, research information, debrief information, any email correspondence with your personal information will be securely destroyed. The transcript of the interview, written questionnaires, consent form and contact details will be kept for a period of 18

months after the end of the course by the researcher and then securely destroyed. This is in case there is an audit or if we need to inform you of any data breach according to GDPR.

Your data protection rights

Under data protection law, you have rights including:

Your right of access - You have the right to ask us for copies of your personal information.

Your right to rectification - You have the right to ask us to rectify information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

Your right to erasure - You have the right to ask us to erase your personal information in certain circumstances.

Participants can withdraw their participation in the research at any time and withdraw their consent, and their data, without giving a reason or explanation. Approximately one week after the research interview, transcription and analysis of the data will begin. Whilst every effort will be taken to remove all data if consent is withdrawn at any point after the research interview, it may be impracticable to withdraw all data after in-depth analysis of the data has commenced, and impractical to withdraw after submission/publication of the research.

Your right to restriction of processing - You have the right to ask us to restrict the processing of your information in certain circumstances.

Your right to object to processing - You have the right to object to the processing of your personal data in certain circumstances.

Your right to data portability - You have the right to ask that we transfer the information you gave us to another organisation, or to you, in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact me at mirdagoldsmith@waverleyabbeycollege.ac.uk and +44 7986 492939 if you wish to make a request.

How to complain

You can raise a concern or complaint to the data protection officer at Waverley Abbey College via: E-mail: simon.hawes@waverleyabbey.org

You can also complain to the ICO if you are unhappy with how we have used your data.

The ICO's address:

Information Commissioner's Office

Wycliffe House

Water Lane

Wilmslow

Cheshire

SK9 5AF

Helpline number: 0303 123 1113

Who do I contact for further information or if I have questions?

If you require and further information or have questions, please contact me on
mirdagoldsmith@waverleyabbeycollege.ac.uk

Thank you for taking time to consider taking part.

Participant's name [insert]

Participant's signature [insert]

Date [insert]

Researcher's name : Mirdawati Goldsmith

Researcher's signature: *Mirdawati Goldsmith*

Date: 29th January 2026