

Embodiment in Counsellor Training

Invitation to Participate

Who Can Take Part

You are invited to take part in a research study exploring experiences of embodiment in counsellor training.

Before deciding whether to participate, please read the following information carefully.

Participation is entirely voluntary and anonymous.

You may participate if you are:

A trainee counsellor (Level 3 and above). Over 18 years old

What Does Participation Involve?

Participation involves completing an anonymous online questionnaire.

The survey takes approximately 3–4 minutes

Questions include multiple-choice and Likert-scale responses

There are optional short written reflection questions

You will not be asked to disclose identifiable material.

Ethical Considerations

Some questions may prompt reflection on your training experiences. If you experience discomfort, you may stop the survey at any time.

If needed, you are encouraged to seek support from your supervisor or training provider.

Purpose of the Study

This study aims to explore how trainee therapists experience and develop embodied awareness during their training, including experiences in skills practice, supervision, and on placement where applicable.

Contact Information

If you have any questions about this research, please contact:

Rose White

fetes.maximum_4q@icloud.com

