

## **Participant Information Letter**

Dear Participant

Thank you for your interest in being a research participant. This letter gives you further information about it. Please read it so that you know what the project entails before you sign the informed consent document that follows.

### **Title of Research Project:**

*An exploration of the lived experience of late-diagnosed neurodivergent therapists.*

### **Aims of the Research:**

- explore the lived experience of late-diagnosed neurodivergent therapists.
- A sub-aim is to explore their perceptions of how this experience influences their clinical practice and the meaning they make of this

### **Name of Researcher and Contact Details:**

Pip Old: 07816 525518 [pipresearch@proton.me](mailto:pipresearch@proton.me)

### **Name of Research Supervisor and Contact Details:**

Amy Brennan: [amy.brennan@minstercentre.ac.uk](mailto:amy.brennan@minstercentre.ac.uk)

1. The research is being conducted as part of a Master's degree in Integrative Psychotherapy and Counselling being undertaken at The Minster Centre training institution.
2. You have been asked to be a research participant because you have lived experience of the topic being researched. You meet the criteria for participants as a UK-based, qualified counsellor or psychotherapist, who is currently practising and who is late-discovered neurodivergent.
3. Being a participant will involve being interviewed for approximately 45-60 minutes online. This will be a semi-structured interview using open questions which will be about your experience.
4. The interview will be recorded on a portable recording device that you will be shown. The researcher will hold responsibility for the recording device, and for securely transferring and storing the audio file, deleting it from the portable recording device.
5. All research data including the audio file will be securely stored on an encrypted password-protected laptop, accessible only to the researcher. The audio recording of your interview will be destroyed upon the successful completion of the research.
6. Your identity will be known only to the researcher.

7. You will be anonymised in the research. The researcher will discuss with you how you want your identity to be described in the research in order that it is protected. You will be given the choice of personal details to be included and excluded, and the choice of pseudonym to be used. Any identifying information will be removed. All materials relating to you will be saved using a code or pseudonym.
8. Your participation is voluntary and you may withdraw at any stage during the research process, by informing the researcher that you wish to do so.
9. You will be given the opportunity to review, comment on and edit the transcript of your interview. You will be given the opportunity to read the full draft dissertation. The researcher will send these to you by password-protected email, requesting that you return it by a specific date.
10. Taking part in research about lived experience may cause both positive and negative responses in a participant. Please bear in mind that taking part may trigger past trauma, cause you to view events or relationships differently, and may bring up strong feelings.
11. If you have any further questions or concerns, you are invited and encouraged to contact the researcher at ([pipresearch@proton.me](mailto:pipresearch@proton.me) or 07816 525518) or their Research Supervisor Amy Brennan at ([Amy.brennan@minster-centre.ac.uk](mailto:Amy.brennan@minster-centre.ac.uk) ).
12. You will have the opportunity to debrief with the researcher, who will contact you shortly after the interview at an agreed time (no later than two days afterwards), by a your preferred method (email, phone call or text) to check how you are feeling. See debriefing letter that follows.
13. In respecting the requirements for process consent, I will contact you for your consent, giving details of what I want to include in any publication, if I intend at a later date to publish my research.
14. The researcher will follow the BACP and UKCP's ethical frameworks (found at <https://www.bacp.co.uk/events-and-resources/research/publications/ethical-guidelines-for-research-in-the-counselling-professions/> and <https://www.psychotherapy.org.uk/about-ukcp/how-we-are-structured/ukcp-committees/ethics-committee/code-of-ethics/>).

I look forward to working together on this.

Yours sincerely,

Pip Old

(she/her)

Researcher