



# DO YOU EVER TALK ABOUT FILM OR TELEVISION IN YOUR THERAPY PRACTICE?

This doctoral study investigates how therapists in the UK discuss film and television intentionally in therapy. The research explores therapists' motivations, patterns of use, and ethical reflections regarding this emerging area of practice.

The aim is to contribute to a clearer understanding of how film and television are integrated in clinical work, and to inform the development of flexible, ethically grounded, and culturally responsive approaches to practice.



## WHO WE'RE LOOKING FOR

- Currently practicing in the UK as a psychotherapist, counsellor, counselling psychologist or clinical psychologist
- Registered with a recognised professional body (e.g. HCPC, UKCP, BACP or equivalent)
- At least one year post-qualification clinical experience
- Have experience of intentionally discussing film and/or television content in their practice — whether structured or informal
- Able to participate in an interview conducted in English



## WHAT'S INVOLVED

A short eligibility form (~5 minutes) and, if eligible, a confidential online interview (via Zoom or Teams) lasting approximately 60–90 minutes, scheduled at your convenience.

The interview will offer space to reflect on your experiences of using film and television in therapy, in whatever ways this may have occurred within your practice.

There is no expectation of a particular frequency, structure, or theoretical model of use.

There is no financial compensation for taking part. Participation may offer an opportunity to reflect on your own clinical practice.



## ETHICS & CONFIDENTIALITY

This study has received full ethics approval from Middlesex University and the Metanoia Institute Research Ethics Committee.

All data will be anonymised and handled in accordance with GDPR and institutional data protection requirements.

Scan to register interest.



## GET IN TOUCH

Scan the QR code, or contact:

**Shirley Lixenberg**

Doctoral Trainee in Counselling Psychology and Psychotherapy  
06482@metanoia.ac.uk

If this sounds like you, or you know someone it might suit, please share.

👉 Register your interest here: [Exploring Therapists' Use of Film and Television in Clinical Practice - Eligibility Form – Fill in form](#)

Alternatively contact me directly: [06482@metanoia.ac.uk](mailto:06482@metanoia.ac.uk)