

Research Participants Needed!

How do therapists experience shift in the therapeutic alliance following intentional self-disclosure of a personal nature?

Inclusion Criteria

- Qualified to Level 7 or above
- In supervised clinical practice for 5+ years
- UK based, and registered with a professional body, e.g. BACP, UKCP, ACC etc
- Working at relational depth, medium to long term with clients
- Experience of self-disclosure of a personal nature in a session with a client
- Ability to deeply reflect on own processes, and any shifts in the therapeutic alliance following this exchange

What does it involve?

- One semi-structured interview of c.60 minutes
- Interview held online using Microsoft Teams
- Interview audio recorded and transcribed by the researcher
- All information is pseudonymised and kept secure in line with Waverley Abbey College and BACP research ethics policies.
- Right to withdraw at any time in the process.
- No payment offered.
- Opportunity to reflect, contribute to research, and broaden personal and professional understanding of this complex therapeutic phenomenon.

Who am I?

My name is Emily Ward, and I am studying a MA Professional Counselling: Theory and Practice at Waverley Abbey College.

My research methodology is Interpretative Phenomenological Analysis (IPA)

Interested? Please do get in touch for more information:

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