

Research Study Invitation for qualified counsellors or psychotherapists based in the UK with 3-10 years of clinical practice.

## **What are the experiences of counsellors who are Christians in developing resilience through effective self-care?**

### **Can you help?**

I am looking for early career counsellors (practicing between 3 and 10 years) who are Christians who have faced adversity in their professional and personal lives.

If you have developed resilience through effective self-care can you share your experience and insights to encourage and inspire others?

### **Why am I conducting this research?**

This is an IPA research project to be carried out in Year 3 of my MA in Professional Counselling: Theory and Practice at Waverley Abbey College.

### **What will you be asked to do?**

- Take part in a one-to-one semi-structured interview lasting approximately 60 minutes on Microsoft Teams.

### **More details?**

- The semi-structured interview will be video recorded using Microsoft Teams (and an audio recording will be made using voice notes and will be transcribed by the researcher).
  - Your contribution will be anonymised (Pseudonyms will be used)
- Any identifying information will be changed to protect your anonymity
- No travel will be required since semi-structured interviews will be carried out online
  - No payment will be made for participation

### **Are you interested in taking part?**

For further details and Research Participant Information Sheet, please contact

Jane Chapman

[jane.chapman@waverleyabbeycollege.ac.uk](mailto:jane.chapman@waverleyabbeycollege.ac.uk)

This research is approved by the Waverley Abbey College Research Ethics Committee