

Participant Information Sheet

You are being invited to take part in research conducted by Sarah Goss, Bishop Auckland college, on the following subject;

Between reality and possibility: A hermeneutic phenomenological exploration of imagination in the therapy room.

Before you agree to take part in this research, it is really important that you understand why the research is being conducted and what participation will involve. This information sheet explains this and I request that you take time to read it carefully.

Please ask if you would like more information or if there is anything that you do not understand. Please also feel free to discuss this with your colleagues if you wish. You do not have to accept this invitation and should only agree to take part if you want to.

Q - What is the purpose of the study?

A - The purpose of this study is to explore therapists' lived experience of spontaneous imaginative moments within the therapy room, examining how they arise and the ways they may influence the therapeutic process.

Q - Why have I been invited to take part?

A - You have been invited to participate as you have been identified as meeting the eligibility criteria for the study. This is as follows: a qualified therapist /counsellor with adequate experience of spontaneous imaginative moments within the therapy room and registered with a counselling / psychotherapy professional body such as BACP, UKCP, NCPS, etc.

Q - Do I have to participate?

A - Participation in this research study is entirely voluntary. If you decide to take part, please retain this information sheet and complete the Informed Consent Form to show that you understand what participation involves and that you are happy to take part. If you decide to take part, you are still free to withdraw up to 14 days after the recorded interview. You do not have to give a reason to withdraw.

Q - Are there any benefits from taking part?

A - By participating in this research and sharing your experiences you will be supporting Sarah Goss and Bishop Auckland College to understand the experiences of spontaneous imagination and how this can affect the therapeutic process.

Sarah Goss
Student Researcher
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Lindsey Moses
Research Supervisor
Lindsey.Moses@bacoll.ac.uk

This study has been
given ethical approval
by:



Ethics Number:
BAC2026/213308/01

Q – If I decide to participate, what will happen?

A – If you are selected to take part, Sarah will contact you to confirm this. You will then be asked to complete and sign a consent form to indicate your voluntary participation. Together, you will agree a convenient date and time for the interview. Depending on your location, the interview will take place either online via Microsoft Teams or in person in a confidential space (TBC). The interview will last up to 90 minutes and will be recorded and transcribed. During the interview you will be asked a question to explore your experiences of imagination within the therapy room. All identifying information will be removed and your data will be fully anonymised.

Q – What will happen with my data?

A – Data will be collected on Microsoft Teams and a hand-held recording device. The interview will be transcribed with all identifying information removed and pseudonyms used. All recordings and transcripts will be stored on a password-protected device. Your anonymised data will form part of the research and direct quotes may be used within the written thesis. Data will be stored until the research has been formally assessed and graded, after which point it will be deleted. There is no intention for this research to be published, however, if this changes participants will be contacted to obtain consent.

Q – Are there any risks in taking part?

A – There are no significant risks involved in taking part in this research. Participants will be asked to explore their experiences of spontaneous imaginative moments within their therapeutic practice. This may lead to exploration of unexpected content. Should any distress or discomfort arise, participants should seek support from their clinical supervisor or research lead on this project. Additionally, participants may wish to access support through Samaritans or Mind UK, whose details are opposite.

Q – Who can I speak to if I have concerns?

A – If you have any further questions or concerns, please contact Sarah Goss, who is the lead researcher. If this is not sufficient, please contact the Research supervisor.

Thank you for taking time to read about this study. Please do not hesitate to contact me if you have any questions.

Support Services

Mind UK

Tel: 0300 102 1234

Info@mind.rg.uk

www.mind.org.uk

Samaritans

Tel: 116 123

jo@samaritans.org

www.samaritans.org