

Counselling research invitation

Calling trainee counsellors living with ADHD!

I am inviting trainee counsellors to participate in a research study asking, 'How do trainee counsellors with ADHD construct their professional identity through their experience of counselling training?' To participate, you must either have an ADHD diagnosis or be awaiting an ADHD diagnosis. You must be working towards qualification at professional standards Level 4 or above, on an integrative counselling training course, and in the UK.

I am looking for participants of any age or stage in life, gender, race, religion, faith, culture, or ethnicity. Specifically concerning gender, to ensure representativeness and promote inclusive practice, I am encouraging participants from a range of gender identities.

What is the research?

The focus of the research is on trainee counsellors with ADHD and their experience of the training process in relation to their emerging professional identity. The research will take a qualitative, experiential approach, using Interpretive Phenomenological Analysis. The aim of this study is to shed light specifically on how ADHD impacts a trainee's evolving self-concept and their emerging identity as a therapist.

The study will explore the trainee's experience of navigating multiple roles and responsibilities as part of their emerging identity – as a student, practitioner, supervisee, self-reflective individual, and researcher. My hope is that this research will speak into conversations about professional identity from a neurodivergent perspective, promoting a more nuanced and inclusive understanding of becoming a counsellor and finding a place within an established professional community.

What will participation involve?

Semi-structured interviews will take place online in November via Zoom. If you are willing to take part, and fulfil the participation requirements, please be assured that your privacy and safety are important and will be respected at all times throughout the research process.

If you are interested, and for further information, please contact Paulina Chapman at Paulina.chapman@waverleyabbeycollege.ac.uk by 9 October 2026.

I would love to hear from you!