

The Virtual Couch: Exploring the Influence of Teleanalysis on Transference and Psychoanalytic Training

PARTICIPANT INFORMATION SHEET

This research study is being conducted by Dr Amanda Diserholt (Senior Lecturer in Psychology at Canterbury Christ Church University, CCCU), Ms Ariadna García Llorente, Mr Michael Hornsey and Dr Tammy Dempster (Research Assistants at CCCU) and Professor Calum Neill (Professor of Psychoanalysis and Continental Philosophy at Edinburgh Napier University, ENU). This research project is part-funded by the International Psychoanalytic Association (IPA), Canterbury Christ Church University (CCCU) and Edinburgh Napier University (ENU). Beyond receiving this financial support, the researchers have no affiliation with the IPA.

Please refer to our [Research Privacy Notice](#) for more information on how we will use and store your personal data.

About this study (Background):

The COVID-19 pandemic led to an unprecedented rise in teleanalysis (i.e., analysis conducted remotely via telephone or videoconferencing). While this remote approach increases access to therapy, not enough is known about its impact and effectiveness compared to working in-person. Scholars have theorised the implications of this shift; however, empirical research exploring how psychoanalytically informed practitioners experience key psychoanalytic processes, such as transference, in virtual settings remains sparse. It is not clear to what extent teleanalysis constitutes a distinct mode of analysis that requires a different set of skills to traditional analysis. This study will explore these issues, with particular focus on trainees.

More specifically, the study aims to gain in-depth insight into how trainees articulate their experiences of having undergone personal teleanalysis, particularly focusing on their experiences of transference and how these experiences shape their development as practitioners. By examining detailed first-person accounts, this study seeks to contribute to a richer understanding of clinical formation in the digital age. The findings may inform training policies and quality standards.

What will you be required to do?

Participation will involve a one-to-one interview with one of the researchers lasting approximately 60-90 minutes. The interviews will take place online via Microsoft Teams. During the interview, you will be asked to reflect on your experiences of having undergone personal teleanalysis, including significant moments, the transition process, differences and similarities compared to in-person (if applicable), your experience of transference via teleanalysis, and how these experiences have influenced your clinical thinking and professional development.

- You will not be asked to discuss any specific patients in detail, and the focus will remain on your own experiences.
- Please contact the researcher if you would like to see the interview questions prior to taking part.

Please do not take part if you believe that discussing the topic will cause you significant distress or if it will interfere with any medical or psychological intervention.

To participate in this study, you must:

- Be 18 years old or above
- Have a good command of English
- Live in the UK
- Currently be enrolled in a recognised psychoanalytically informed training programme (e.g. via an IPA-accredited institution or equivalent)
- Have undergone a significant amount of remote personal analysis (enough to be able to talk about these experiences in-depth) at some point in the past three years
- **NOT** have any current or prior affiliation with Canterbury Christ Church University (CCCU) or Edinburgh Napier University, or a personal or professional relationship with any of the researchers involved in this project.

Please note:

- You do not have to answer any questions you are not comfortable with. You can also ask to take a break or stop the interview at any time without having to give a reason and without any consequences.

Confidentiality and Data Protection

Please refer to our University's Data Protection in Research document for more information on how the University processes your personal data for research purposes.

The following categories of personal data (as defined by the [General Data Protection Regulation](#) (GDPR)) will be processed:

- Name and signature (on the consent form)
- Audio recording of the interview
- Contact details (email address)
- Demographic details, including age, gender, ethnicity and socioeconomic background

We have identified that the public interest in processing the personal data is:

- As evidence that you (the participant) consented to take part in the study
- Research (audio recordings will be used to write up anonymised versions of what was said during the interview)
- Demographic details are needed to describe the sample in the publication and contextualise the study

Limits to confidentiality

- Participant data will be anonymised and kept confidential, but full confidentiality and anonymity cannot be guaranteed given the use of interview extracts in the write-up.
- If participants disclose information that puts themselves or others at risk of harm, information may need to be shared with appropriate persons.
- The researcher will use a private online Microsoft Teams room to conduct interviews. However, please note that software companies and internet service providers can use your user and call information in ways that are governed by your user agreement with them. These agreements are separate from this informed consent procedure.
- You may read further information on your rights relating to your personal data at the following link: [Research Privacy Notice](#).

Only the researchers involved in this study will have access to the data.

The consent forms will be stored separately from the rest of the data. Personal data will be stored until it has been written up for publication, or for five years after completion of the project. After that, the consent forms and the audio files will be permanently deleted.

Process for withdrawing consent to participate

You are free to withdraw your consent to participate in this research project without having to give a reason and without any consequences at any time up until the data analysis has commenced. After this, anonymised interview extracts may still be used in outputs related to the research. To withdraw, please email virtualcouch@canterbury.ac.uk.

Any questions?

If you have any questions or would like to receive a copy of your transcript and/or a summary of the findings, please contact virtualcouch@canterbury.ac.uk.

Dissemination of results

Selected anonymised extracts from the interview will be written up and published in research journals or presented at conferences.