University of East London
School of Childhood and Social Care
Department of Psychology and Human Development
MA Counselling and Psychotherapy

University of East London

MA RESEARCH STUDY

Research Participants Needed

Are you a UK-based psychotherapist or counsellor working professionally with older adults (65+) within a private practice setting?



I am a Master's student at the University of East London conducting research for my dissertation project. The study explores how therapists experience and make sense of therapeutic work with older adult clients in private practice. This research aims to contribute to a better understanding of an underrepresented area of therapeutic practice.

While the vast majority of existing literature focuses on psychotherapeutic work within institutional frameworks, the distinct clinical experiences of counsellors and psychotherapists delivering therapy to older adults within private practice settings remain largely unacknowledged. This study aims to directly bridge this gap by highlighting the unique clinical inputs private practitioners contribute to meeting the psychological needs of older adults.

WHAT PARTICIPATION INVOLVES

Completing a short 3–5 minute questionnaire

Taking part in a 50–60 minute online, semi-structured qualitative interview (Microsoft Teams). All interviews are fully anonymised following strict ethical research protocols.

Reflecting on your experiences of working with older adult clients in private practice

INCLUSION CRITERIA

To take part, you must be:

- A qualified psychotherapist or counsellor
- Currently practising in the UK
- With minimum two years post-qualification experience
- Working in private practice (solely or alongside other employment)
- Having worked therapeutically with at least one client aged 65+ in the past 12 months

EXCLUSION CRITERIA

You cannot take part if:

- You are currently in training
- You have not worked with any clients aged 65+ in the past year
- Your work with older adults occurred only in organisational settings (not private practice)

Interested in taking part? Please contact:

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Researcher: **Elizabeth Ayers** (MA student) · Supervisor: **Dr Luis Jimenez**

Scan to email

Ethical approval: This study has been approved by the Department of Psychology and Human Development, School of Childhood and Social Care Research Ethics Committee.