

Research Participant Information Sheet

The following information is provided to help you give informed consent should you wish to take part in the research

Research Question:

'How do counsellors navigate depth of psychotherapeutic intervention when using cognitive-behavioural and psychodynamic approaches to client anxiety?'

Researcher's name and contact details

Dr Nick Weaver (BACP Student Member;
RMN)

Tel. 07340 010 835

Email:

nick.weaver@waverleyabbeycollege.ac.uk



Invitation

I would like to invite you to participate in my MA degree research study. In order for you to make an informed decision about this, I would like to tell you why the research is being done and how it could involve you. Participants will have the opportunity to talk about their views and experiences about delivering and combining these sorts of therapeutic approaches when helping clients who are struggling with anxiety or fear-related issues. Participation in the study is entirely voluntary. If you do decide to take part then you are free to withdraw at any time, without giving a reason.

What is the purpose of the study?

I am very interested in finding out about the experiences and views of integrative counsellors related to how they employ either cognitive-behavioural or psychodynamic approaches when seeking to support clients with anxiety issues. A key decision for an integrative therapist is what kind of approach to use, when and how. Often, the therapist will draw upon and combine techniques which may be associated with either cognitive-behavioural or psychodynamic perspectives. I want to find out more about what guides this kind of integrative practice, and what your experiences have been in providing

this kind of therapy. I also want to examine the contrast and relationship between more surface-level, *first-order change* often achieved through cognitive-behavioural techniques, and more in-depth approaches aimed at achieving *second-order change*. This may include reorientation of values, working with psychodynamic factors and nurturing spirituality.

Why have I been approached?

I am inviting integrative counsellors who use (though may not be limited to) approaches which can broadly be situated in the cognitive-behavioural and psychodynamic modalities.

Do I have to take part?

You are invited but not obliged to take part in this research study. Participation is entirely voluntary.

What will happen if I take part?

I will collect data by conducting an interview with you should you choose to participate. The interviews will be delivered in a semi-structured format to maximise the opportunity you have to speak freely about your experiences and views in delivering integrative therapy. Interviews will be about 45 minutes long.

What will it involve?

Interviews will be conducted on a face-to-face or remote basis. If face-to-face, I will be happy to travel to your location to conduct the interview in an appropriate location. Online interviews will be conducted via a secure online meeting space using the zoom platform. No preparation is needed for the interview.

What are the possible disadvantages and risks of taking part?

This project will be subject to the approval of the Waverley Abbey College Research Ethics Committee and conducted in line with all ethical, risk management and procedural protocols. A thorough treatment of ethical aspects and implications of the research project will be undertaken to minimise risks associated with physical, psychological, sociological harm, issues of confidentiality and any malpractice. Please see details below regarding Data Protection, privacy and complaints procedure.

If you feel you are a vulnerable adult, further risk assessment and reasonable adjustments may be necessary so please let the researcher know about this.

In the event of a participant becoming distressed as a result of taking part in the research, I will signpost you to relevant support, such as a counsellor via the British Association for Counselling and Psychotherapy website (bacp.co.uk).

What are the possible benefits of taking part?

The data you provide will be the key empirical underpinning for data analysis and a research study which will advance knowledge surrounding integration of cognitive-behavioural and psychodynamic approaches when tackling anxiety issues. The intention is that this new knowledge and understanding will enhance capacity to support clients struggling with these kinds of issues.

If I agree to take part, can I change my mind?

Yes, you have the right to withdraw at any time. Participants can withdraw their participation in the research at any time and withdraw consent without giving reason or explanation. After one to two weeks of completing the interview, transcription and analysis of the interview data will begin. Whilst every effort will be taken to remove all data if consent is withdrawn at any point after, participants should be aware that it is usually impracticable to withdraw after in-depth analysis of the data and submission/publication of the research.

Will my data and personal information be kept anonymous and confidential? (Privacy Notice)

Please note that the Data Controller related to this research is 'Waverley Abbey College'; Please contact Data Protection Officer - telephone 01252 784873.

The information you provide through the interviews will be treated in confidence. This will be done in several ways:

1. Any personal information that can identify you will be seen only by Dr Nick Weaver.
2. All information collected about you during the course of the research will be kept strictly confidential, anonymous and secure. I will remove any personal information from documents that could potentially identify you.
3. Data will be confidential, anonymous and secure, used solely for the purposes of this research and kept electronically in a secure, encrypted location or physically in locked cupboard. This data will only be accessible by the Dr Nick Weaver.
4. Specific measures (use of pseudonyms and refraining from use of identifying details, such as date of birth, place of residence, unusual characteristic etc., which might allow readers to deduce the identity of third-party clients) will be taken within methodology and interviews to protect confidentiality and anonymity of third-parties such as clients referred to in interviews.
5. Digital recordings of interviews will not include your name because a code number will be used. At no time will you be identified in reports, publications or presentations.
6. Recording and transcript data collected for this research study will be stored securely for up to 18 months after study course award (July 2027; or exit from programme) and then destroyed.

Finally, anything you tell us will be treated in confidence unless I am concerned about your safety or the safety of someone else, or if I become aware of professional malpractice. In this case I would have

to discuss my concerns with Waverley Abbey College.

What will happen to my data after I have taken part in the research?

The results of the study will be published in anonymised form in a college MA dissertation authored by the researcher. You will not be identified in any publication, report or presentation. Please be aware of the possibility of being identified by inference from a publication, if someone else knows that you are participating in the study. I will be happy to provide you with a copy of the completed dissertation.

All your data will be kept confidential and anonymous through the use of pseudonyms. All identifying details will be changed in any interview transcripts. Complete anonymity will also be maintained if any brief direct quotes from participants are used in the final MA dissertation or in future publication.

Who has reviewed the study?

This research is due to be reviewed and granted ethical approval by the Waverley Abbey College Research Ethics Committee. [*Amend after REC approval]

How do I raise an issue or make a complaint if I am concerned?

If you wish to raise a concern or complaint, please make contact with me, Dr Nick Weaver, via nick.weaver@waverleyabbeycollege.ac.uk. You are also welcome to raise a concern or complaint with my research supervisor, Chris Steed, who can be contact via christopher.steed@lst.ac.uk, or the MA Programme Leader, Dr Martin Stokley, via martin.stokley@waverleyabbeycollege.ac.uk. You can also discuss any concerns or make a formal complaint with the Chairperson of the Waverley Abbey College Research Ethics Committee, Dr Martin Stokley, who can be contacted as above (For more information on the complaints procedures and policies, please contact Dr Martin Stokley).

What code of ethics or ethical framework does the researcher have to abide by?

I will abide by the Waverley Abbey College Research Ethics Policy and Procedures and the BACP Ethical Guidelines for Research in the Counselling Professions (a copy of these policies can be made available upon request).

What will happen to the data I provide?

Your data will be processed in accordance with Waverley Abbey College's relevant data policies and procedures. For more information, please see the [Data Privacy Notice](#) below.

You have the right to ask to see any information gathered on you by contacting me on nick.weaver@waverleyabbeycollege.ac.uk. You also have the right to ask for information which you believe to be incorrect to be rectified. If you are concerned about the way your information is being handled, please email Waverley Abbey Colleges Data Protection Officer

(martin.stokley@waverleyabbeycollege.ac.uk). If you are still unhappy you have the right to complain to the Information Commissioner's Office.

In line with Waverley Abbey College policy, on completion of the course (or exit of the course), any raw data, such as, the audio recording of the research will be securely destroyed. The transcripts of the interviews will be kept for a period of 18 months after the end of the course by the researcher and then securely destroyed.

Please see accompanying document: Research Data Privacy Policy

Who do I contact for further information or if I have questions?

If you require and further information or have questions, please contact me on nick.weaver@waverleyabbeycollege.ac.uk.

Thank you for taking time to consider taking part

I want to take part, what shall I do?

If you have understood the information and would like to take part in the study, please contact Dr Nick Weaver. We can then arrange a convenient time and venue for the interview. Please formally indicate your informed consent by signing date and return the consent form which will be provided. Interviews are expected to commence around May to June 2026.



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