Invitation: Research Interview

Therapists' perspectives and practices in treating insomnia: a thematic analysis of Integrative Psychotherapy and CBT-I

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What is the study about?

CBT-I is the recommended first-line psychological treatment for insomnia (Riemann, D., et al. (2023). Yet little is known about how CBT-oriented and Integrative Psychotherapists work with insomnia in everyday practice. The aim of this study is to generate practice-based insights that can inform therapeutic work with insomnia.

Requirements for participants

- Master's degree or recognised professional qualification in psychotherapy or psychology
- At least two years of post-qualification clinical experience
- Currently working with adult clients
- Working within a CBT framework and use CBT-I, or working integratively and incorporating CBT-I elements alongside other approaches

What does participation involve?

- A one-to-one interview of about 45–60 minutes, online or in person
- Data will be fully anonymised
- The study has received approval from the University of Derby Research Ethics Committee and follows the BACP Ethical Framework

When?

Interviews will take place in November and December 2026

Interested?

Please reply to lind.vanlaar@mc-class.gr

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