UNIVERSITY OF DERBY

Research Opportunity



Are you a Therapist or Counsellor with experience of working with adult clients who experience sleep difficulties?

I am conducting a Master's research study exploring Therapists' experiences and perspectives of working with sleep difficulties in therapy. The study aims to better understand how therapists assess, formulate and work with sleep-related concerns, and how this may inform counselling and psychotherapy practice.

Study Title: More Than a Symptom: Exploring the Role of Sleep and Its Impact on Therapeutic Engagement Through an Integrative Lens

Research Question: 'How might an understanding of sleep issues inform integrative practice?'

You may be eligible if you:

- Are a qualified or trainee therapist.
- Currently work with, or have previously worked with, adult clients.
- Have experience of working with adult clients who present with sleep difficulties (e.g. insomnia, disrupted sleep, poor sleep quality).
- Are practising in the UK.
- Are aged 18 years or over.
- Are fluent in English.

Scan here to view the Participant Information Sheet, Consent Form and sign up:



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