Subject: Invitation to share counsellor and trainee counsellor self-care research

Dear [Name/Team],

My name is Dave Harrison, and I am studying for my BA top-up degree in Counselling and Psychotherapy at Accrington and Rossendale College.

My research explores the question: **How do counsellors and trainee counsellors experience using self-care strategies to manage personal life challenges alongside the demands of client work?** I would be grateful if you could share this invitation with eligible counsellors and trainee counsellors within your organisation or practice.

Participants may be qualified counsellors at Level 4 or above, currently or previously practising, or students studying at Level 4 or above who are completing counselling placement hours. All participants must hold a fitness-to-practise certificate and have experience of managing personal life challenges alongside counselling client work. Current client work is not required.

Participation involves completing one open-ended questionnaire, either online through SurveyMonkey or on paper, taking approximately 30 minutes, although this may vary. Taking part is voluntary.

A participant information sheet, support sheet and consent form will be provided before participation.

For further information or to express an interest, please contact me at **439968@eastlancslearning.ac.uk** or on my work mobile: **07352 960446**.

My research supervisor, Steph Preston, can be contacted at **steph.preston@eastlancslearning.ac.uk**.

Thank you for considering sharing this invitation.

Kind regards,

Dave Harrison
BA Counselling and Psychotherapy Top-up Degree Student
Accrington and Rossendale College