

Plain language statement

Research Title: Integrative psychotherapists' experience of client-initiated unplanned endings with long term clients; An Interpretative Phenomenological Analysis

Researchers:

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Purpose and rationale of study

This study aims to gain insight into how integrative psychotherapists experience client-initiated unplanned endings with long-term clients. An ending (also described as termination within the literature) is a component of therapy, ever-present before the work begins and a part of each therapist's everyday working life. Endings can be client or therapist initiated, unplanned or planned as a part of the therapy process. This study seeks to explore therapists' previous experiences with unplanned client-initiated endings with long-term clients and the residual impact of these experiences on them and their work, along with any prior personal and professional experiences that they consider potentially influencing them in this context.

This research will add to the lack of empirical research identified in the literature in this area, along with informing psychotherapy training, supervision and practice.

What does participation involve?

Your participation will involve a face-to-face interview at your place of work or DCU, whichever is most convenient, or a zoom interview, lasting approximately one hour, followed

by a short debriefing. This interview will be recorded on an encrypted digital audio device for face-to-face interviews or a zoom audio recording. Before the interview, you will be asked to read and sign a consent form confirming your willingness to participate in the study. Those on zoom, can email a password protected signed consent form to the researcher before the interview begins. The interview will contain several questions regarding your experiences of client-initiated unplanned endings, and will also explore related personal and professional experiences.

How is your privacy protected?

As recommended by The Data Protection Unit (DPU) the project researchers completed a DCU Data Protection module and will apply the DPU's "Key Points for Researchers" (<https://www.dcu.ie/ocoo/data-protection-key-points-dcu-researchers>).

Where online interviews take place, a DCU licensed version of Zoom will be used, and full security measures will be employed to who can join and view the proceedings. Zoom audio recordings will be sent straight to secure DCU online storage, while recordings from the encrypted audio recording device will be uploaded to DCU online storage within 24 hours. This data will then be hosted on the DCU Network and will have passphrase access control and duo-authentication security measures in place. Transcription will take place as soon as possible and all recordings will be destroyed as soon as transcription is complete.

All identifying information will be removed by the researcher and transcripts will be pseudonymised and securely stored. Every effort will be made to protect your anonymity, however, due to the small number of interviews and the use of direct quotation when writing up the study, anonymity cannot be guaranteed and it is possible you may be identified.

DCU is the Data Controller in this study. This study will be conducted in compliance with the General Data Protection Regulation (GDPR), and if you have any concerns regarding how your data in this study has been handled, you can contact: DCU Data Protection Officer, Mr.

Martin Ward – (data.protection@dcu.ie Tel: 01-7005118/01- 7008257) who will handle any data protection concerns arising from this research. An individual also has the right to report a complaint concerning the use of personal data to the Irish Data Protection Commission: Data Protection Commissioner.

Potential benefits/risks

No direct benefits are anticipated, however, there is the opportunity for you to reflect on your own experiences of what characteristics make an effective psychotherapist. There may be a slight risk that you could become distressed when reflecting on these experiences. In this event, you will be encouraged to discuss this with the researcher during debrief, and if further support is needed, the researcher will direct you to appropriate resources.

Limits of confidentiality

Confidentiality cannot be maintained in the event of a disclosure of information which involves a risk to you, another person or a child protection issue (Children First guidelines will be adhered to), or if professional malpractice is disclosed. If any of these issues should arise, the researcher and her supervisor will discuss its management with you.

What type of personal data will be collected about me?

The following personal data will be collected for the purposes of describing the demographics of participants in study publications: age range, gender identity, professional years qualified, psychotherapy modality.

Do I have the right to withdraw from this study?

The choice to participate in this study is completely voluntary. You are free to withdraw from the study at any point. If you do wish to withdraw from the study, please contact the researcher or the research supervisor at the contact details provided.

How will my data be used and disposed of?

Interview data will be typed up from the audio recordings in which the researcher will identify key themes. All data will be stored securely on the researcher's secure DCU google drive, including participant consent forms, which will be scanned, and the original hard copies will be confidentially shredded. All of the data collected will be stored for a period of five years following completion of the Masters programme until August 2029. After this time, all digital materials will be securely disposed. It is hoped that the completed research will be available at the DCU library. The findings are also anticipated to be submitted to an international psychotherapy journal for publication.

How will I find out what happens with the project?

If you have any questions regarding the research, or wish to access a final copy of the study, please contact the researcher: Gemma Collins by email at gemma.collins8@mail.dcu.ie or alternatively the research supervisor: Dr Aisling McMahon at aisling.mcmahon@dcu.ie.

If participants have concerns about this study and wish to contact an independent person, please contact:

The Chairperson, SNPCH Ethics Review Committee,
snpchethicsreviewcommittee@dcu.ie