

Dublin City University  
School of Nursing, Psychotherapy and Community Health.

The participant is invited to take part in a study exploring newly qualified psychotherapists' lived experience of Supervision in Ireland: an interpretive phenomenological analysis.

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### **Purpose and Rationale of the Study**

This research is being conducted as a part of the fulfilment of an MSc in Psychotherapy at Dublin City University School of Nursing, Psychotherapy and Community Health. This study aims to gain insight into the experience of supervision of newly qualified psychotherapists in Ireland. During a ritual's liminal stage, participants "stand at the threshold" between their previous way of structuring their identity, time, or community and the new way established by the ritual ([www.IAHIP.org./professional-conduct](http://www.IAHIP.org./professional-conduct)). It is the transition from pre to post-qualification and the ambiguity and potential challenges that the therapist may experience in supervision that this research hopes to explore. Choosing to investigate newly academically qualified to five years post qualification will ensure that participants have the necessary expertise and knowledge to provide meaningful views on the topic and have a current familiarity with the experience of being a newly qualified therapist to ensure reliable recollection of in-depth information. The literature indicates that the discipline of supervision reveals an incomplete picture (Fernandez-Alvarez, 2022). This research study aspires to explore the themes that influence the supervision experience and develop greater knowledge of supervision's influence on a therapist's professional development. Qualitative research is necessary to comprehend how supervisees experience supervision, including what supervisees find beneficial and unhelpful (Callahan & Love, 2020).

### **What does participation involve?**

Participation will consist of a face-to-face interview at the participant's workplace or DCU, or a Zoom interview, whichever is most convenient, lasting approximately one hour, followed by a short debriefing. This interview will be recorded using a digital audio device for face-to-face interviews and Zoom audio cloud recording. All data will be anonymised upon transcription and stored digitally on a secure server in DCU. The participant will be required to review and sign a consent form confirming their willingness to participate in the study prior to the interview. The participant may withdraw from the study anytime before publication. Before the interview begins, Zoom users can email a signed consent form to the researcher while online. During the interview, the participant will be asked several questions about their experiences of supervision as a newly qualified therapist in Ireland.

### **How is your privacy protected?**

DCU is the designated data controller. As stimulated by DCU, the researcher Janet Keating has completed the Data Protection Unit (DPU) training module and has applied the DPUs Key points for Researchers to the research proposal for this piece of research.

The researcher and transcripts will remove all identifying information that will be initially pseudonymised, and final anonymisation will be applied before the research is submitted for correction. While the data remains in a pseudo-anonymised state, the researcher can reverse engineer the data to establish who contributed to each piece of data. Therefore, allowing the researcher to retrieve and remove an individual's contribution should the need arise. The data will be secured digitally on the DCU G drive. All devices used to gather and store data (recordings) will have passphrase access control and Duo authentication security measures in place. The DCU network will host all data sources.

Recording of interviews will be done on the researcher's IPAD, which has passphrase access control and Duo authentication security measures in place. Immediately post-interview, the data will be uploaded to the DCU G drive and deleted from the IPAD. Transcriptions will take on the day the interview takes place. Once the transcription process is completed as per DCU Data Protection Unit guidelines, the data will be deleted from the DCU G drive. Recordings will be destroyed once the transcription is complete. This process will occur under the guidance and approval of the Project Supervisor, Dr Stephanie Finan. Hard copy data associated with this project will be scanned and saved to the shared DCU G drive, and the hard copy material will be destroyed at the earliest convenience.

Every effort will be made to protect the participant's anonymity; however, anonymity cannot be guaranteed due to the small number of interviews and the use of direct quotations when writing up the study. Therefore, you may be identified. This study will be conducted in compliance with the

General Data Protection Regulation (GDPR). Suppose you have concerns regarding how your data in this study has been handled. In that case, you can contact: DCU Data Protection Office, Mr Martin Ward - ([data.protection@dcu.ie](mailto: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: The Data Protection Commissioner.

### **Potential benefits/risks**

No direct benefits are anticipated, though there is the opportunity for the participant to reflect on their supervision experiences and the impact on their development as a professional psychotherapist. There may be a minor risk that the participant may experience distress when reflecting on these experiences. In this event, the participant will be encouraged to discuss this with the researcher during a face-to-face and online debrief. The researcher will direct the participant to the appropriate resources if further support is needed.

### **Limits of confidentiality**

If information is disclosed that poses a risk to the participant, another person, or a child protection issue (Children First guidelines will be followed), or if professional misconduct is revealed, confidentiality cannot be maintained. If these problems arise, the researcher and the supervisor will discuss the appropriate course of action with the participant.

### **What type of personal data will be collected?**

To characterise the study participants' demographics, the following personal data will be collected: age, professional years qualified, psychotherapy and supervision training, and the number of supervisors the participant worked with.

### **The right to withdraw from this study?**

Participation in this research is entirely voluntary. The participant may withdraw from the research at any time before publication. If a participant wishes to withdraw from the research, they can contact the researcher supervisor Dr Stephanie Finan, at [stephanie.finan@dcu.ie](mailto:stephanie.finan@dcu.ie) or Janet Keating at [janet.keating32@mail.dcu.ie](mailto:janet.keating32@mail.dcu.ie) or by phone on 087 9977044.

### **How is data used and disposed of?**

The audio recordings of the interviews will be transcribed so that the researcher can identify key themes. All data will be stored securely on a laptop that is password-protected with duo authenticated

security measures. All data will be digitised and saved onto the DCU G drive and stored for five years following the conclusion of the Master's program. The data will be securely destroyed on a date prior to the 30<sup>th</sup> of April, 2028. The completed investigation may be available at the DCU library. In addition, the findings may be published in an international psychotherapy journal.

### **How to find out what happens with the project?**

If the participant has any research questions or if they require a copy of the final research, please email the researcher, Janet Keating, at [janet.keating32@mail.dcu.ie](mailto:janet.keating32@mail.dcu.ie) or alternatively, the research supervisor, Dr. Stephanie Finan, at [stephanie.finan@dcu.ie](mailto:stephanie.finan@dcu.ie). If participants have any concerns about this study and wish to contact an independent person, please contact The Secretary, Dublin City University Research Ethics Committee, c/o Research and Innovation Support, Dublin City University. Tel. 01-7008000, email [rec@dcu.ie](mailto:rec@dcu.ie)

