

Annex A

PARTICIPANT INFORMATION SHEET¹

1. **Title of Project:** The mirror turned lamp; the quest of the wounded healer

2. Invitation

You are invited to take part in a research study. Before you decide, it is important that you understand why the research is being done and what it will involve. This *Participant Information Sheet* tells you about the purpose, risks and benefits of this research study. If you agree to take part, we will ask you to sign a *Consent Form*. If there is anything that you are not clear about, we will be happy to explain it to you. Please take as much time as you need to read this information. You should only consent to participate in this research study when you feel you understand what is being asked of you, and you have had enough time to think about your decision. Thank you for reading this.

3. Confidentiality

The information will be dealt with in the strictest confidence unless it is deemed that the interviewer is concerned about your welfare or the welfare of others, as per governing bodies limits on confidentiality.

4. Purpose of the Study

This study is concerned with ‘wounded healers’. Research points to a higher portion of people with a ‘wounded history’ (those who have traumas or struggles from their pasts) who gravitate to working in the healing professions (such as counselling, psychotherapy, psychology, social work, psychiatry). The study endeavours to gain insight on what attracts us to this type of work, what are the positives and negatives of a ‘wounded’ history and how can therapists best be supported in their training and practices.

It is envisaged that 10 to 12 accredited psychotherapists will participate, following advertisement in the IAHIP and IACP classifieds. Participants will be required to have at least four years of personal therapy completed and ongoing external supervision.

5. Taking Part – What it Involves

- **Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this *Information Sheet* to keep and be asked to sign a *Consent Form*. If you decide to take part you are still

¹ Text in brackets is in the form of instructions to the applicant. Otherwise, the *Information Sheet* is in the form of text that speaks directly to participants in the project.

free to withdraw at any time and without giving a reason. A decision to withdraw at any time, or a decision not to take part, will not affect your rights in any way.

- **What will happen to me if I take part?**

A mutually agreed time, place or mode of contact (e.g. zoom, whatsapp, in person) for the interview, will be organised following consent.

- **How long will my part in the study last?**

As this is a semi-structured interview, it can be difficult to ascertain the time frame for the interview, but it will most likely be between 30 to 60 minutes duration. Participants can decide themselves how much or little they would like to share. The interviews will be recorded on a password encoded laptop belonging to the interviewer and will be erased as soon as the interview is transcribed.

- **What are the possible benefits in taking part?**

There are no specific benefits for you in participating in this study, but it can serve to offer wider information and recommendations on this very important area.

6. What are the possible disadvantages and risks of taking part?

There are no foreseeable risks or disadvantages to taking part in this study. Participants can decide themselves how much information they give. As there is a pre-requisite to have ongoing external supervision and/or personal therapy involvement at the time of the interview, participants are encouraged to bring any issues that could arise to these support networks

7. What happens at the end of the study?

When all participants have been interviewed (this should be within 6-8 months of your participation), you will receive a summary of one or 2 pages of the main findings. While it could be up to 2 years before final results are published, we would be pleased to include you on an address list to receive publications arising from the study. Only general findings will be reported, without reference to identifiable individual results.

8. What happens if I change my mind during the study?

You are entitled to change your mind about participating in this at any time without disadvantage or penalty.

9. Who do I contact for more information or if I have further concerns?

If you have any concerns about this study and wish to contact someone in confidence, you may contact the following:

Darina Ní Ríain, darinavdb@gmail.com or 089 4250012

Dr. Kiran Sarma, kiran.sarma@universityofgalway.ie

Dr. Pádraig MacNeela, Head of School of Psychology, University of Galway, padraigmacneela@universityofgalway.ie or 091493266.

Annex B
CONSENT FORM

Participant Identification No.: _____

Title of Project: The mirror turn lamp: the quest of the wounded healer

Name of Researcher: Darina Ní Ríain

Please initial box

1. I confirm that I have read the information sheet for the above study and have had the opportunity to ask questions.

2. I am satisfied that I understand the information provided and have had enough time to consider the information.

3. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my legal rights being affected.

4. I agree to a transcript of my interview (with no identifying information) being stored on a laptop, that is password protected, for a period of a few months until transcription is completed.

Name of Participant

Date

Signature

Researcher

Date

Signature

1 copy for participant; 1 copy for researcher; 1 copy to be kept with research notes