

Information Sheet

Research Title: How can the combined knowledge of the Polyvagal Theory and practice of Yoga support the psychotherapist in self-regulation and co-regulation?

Aim: The aim of this study is to explore if recent studies that suggest there are links between the polyvagal theory and yoga support regulation. The aim is to investigate if therapists find the combined knowledge of the polyvagal theory and practice of yoga support them in self-regulation and co-regulation.

Your participation in this research is voluntary. It will take place over zoom at a date and time, that is convenient to you. I will use Doodle Online Polling tool to schedule focus group meetings.

You will be asked some questions relating to your experience of the polyvagal theory and yoga. The focus group will allow for flexibility in reflection and exploration.

The focus group meeting will be 1 hour and 5 minutes in duration, and will be recorded with your consent. After which time there will be a ten-minute debriefing session that will not be recorded. The data will be transcribed and analyzed by the researcher.

Anonymity and confidentiality: All personal data and identifying information will be rendered anonymous. Everyone will be given a pseudonym and all names and case material will be anonymised and coded prior to transcription. Any information in relation to case material referred to in the focus group will be anonymised. It is important for participants to be careful when mentioning any case material. If you would like your name to be acknowledged in this study there is an option provided in the consent form.

There are limits to confidentiality. If in discussion a report of risk to children including sexual and historical arises it will have to be followed and reported according to Child Protection procedures. In the use of technology, I will have ensured that all precautions will have been addressed. Learn more about [Zoom's privacy policy](#).

Withheld information or deception: I will not intentionally withhold information, deceive or attempt to deceive you during the research.

Opportunity to withdraw: You will retain the right to cease participation in the study at any time without explanation or consequence, before, during and up to two weeks after the focus group. If you choose to withdraw from the research, you will be thanked for volunteering in the first instance, and any time given to date. Any data that has been collected from you will be destroyed by the researcher. You also, have the right to refrain from answering any question posed in the focus group.

Data protection: The researcher will be the only person to have access to gathered data, they however, may have to discuss elements of the anonymized data with their research supervisor. Manual data will be kept securely in the researcher's home, in a locked cabinet. Electronic data will be stored on a private laptop that is password protected and has internet security installed. All data, manual and electronic will be destroyed within six months of the research being completed.

What will happen to the results: The results will be presented in the researcher's

dissertation. Findings from this research project may be published in future.

Risks / Protection from harm: You will not be intentionally harmed. The discussion arising from the interview could have a small possibility of you experiencing some emotional discomfort. You can refrain from answering any question or cease participation at any time during the focus group.

Debriefing: Ten minutes will be given for debriefing at the end of the interview. If necessary, you can utilize your self-care measures, and take any emotional discomfort, or issues raised, to a personal therapy, and or supervision for further debriefing.

Further information: if you require any further information in relation to the above, please do not hesitate to contact me: finnertyann@yahoo.ie or at 0868853966