

Dear IAHIP member,

Date: 27/11/2023

I am currently undertaking research to meet the requirements of an MA in Creative Psychotherapy, (Humanistic and Integrative.) with the Children's Therapy Centre, in Westmeath, Ireland.

The title of my research is:

How can the combined knowledge of the Polyvagal Theory and practice of Yoga support the therapist with self-regulation and co-regulation?

As part of this research study, I will be conducting a literature review, and two focus groups of four to five people.

I am inviting you to be one of my focus group participants, as you are a therapist and practice yoga, with an experience in both fields of the polyvagal theory and yoga, which will contribute valuable insights to this research project.

If you agree to be a participant in the focus group, I will forward you a consent form to sign and a topic guide/questions, in advance of the focus group, giving you an opportunity to consider them and feel prepared.

The focus group will take one hour over zoom, and will be recorded. There will follow a ten minutes debriefing session that will not be recorded. The focus group will take place at a date and time that is convenient to all focus group participants.

You will have the option to remain anonymous for this research.

I do hope you will consider agreeing to be a participant of the focus group. It is on a topic that I am very interested in and I would value your input.

Please find attached a participant information sheet, which has additional information about the research. If you would like more information or have any further questions, please do not hesitate to contact me at finnertyann@yahoo.ie or 0868853966

Kind regards,

Ann Finnerty