

Date: 13th February 2024

LETTER OF INVITATION TO PARTICIPATE IN RESEARCH

Title of Study: An exploration of therapist's experience of working with young adults and social media.

Dear Participant,

My name is Diane O'Brien, and I am a student on the Masters in Pluralistic Counselling & Psychotherapy at IICP Education and Training Ltd. I am conducting a research study as part of the requirements of my Masters' Degree, and I would like to invite you to participate. I am researching Therapist's Experiences of Working with Young adults and Social Media.

If you decide to participate you will be invited to talk about: 1) how counsellors and psychotherapists engage with young people and social media, 2) discuss if there are any training needs which would support you in understanding the needs associated with this cohort, and 3) hear about your experiences of working with this relatively new phenomenon.

The meeting will be audio taped via Zoom so that I can accurately reflect on what is discussed. The tapes will be reviewed by me and transcribed and analysed by myself. They will then be destroyed within 18 months of the study being submitted. You do not have to answer any question that you do not wish to answer. There are no anticipated direct benefits to you in taking part in this study. However, possible benefits may be the personal satisfaction in contributing to the research project and in the process of reflecting on your experience of working with young adults and social media.

While this study does not involve any significant risks, there may be discomfort in voicing personal or negative opinions. There will be an opportunity to debrief with myself or another person you designate should you wish to do so.

Participation is confidential. Research information will be kept in a secure location at my home in Terenure, Co. Dublin. The results of the study may be published or presented at professional meetings or conferences, but your identity will not be revealed. Taking part in the study is your decision. You may also withdraw from the study at any time or decide not to answer any questions posed. I am happy to answer any question you have about the study.

Thank you for your consideration. If you would like to participate, please text, phone or email me at the following contact details: Phone: 087 9730510 or Email: dianeobrien100@gmail.com

Kind regards

Diane