

## **Informed Consent Form**

**Research Study Title:** What impact has the global COVID-19 pandemic had on psychotherapists' coping strategies and ethical self-care practices to prevent burnout and compassion fatigue, and what can be done to better prepare them for future traumatic events?

**Researcher:** Gill Wall

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**Phone:** 0873384119

**Supervisor:** Marie Walshe

### Purpose of the Research:

The purpose of this research study is to explore and understand the experiences of professionally qualified psychotherapists in Ireland regarding their ethical self-care practices during the global COVID-19 pandemic. By participating, you contribute valuable insights that may enhance support for mental health professionals facing similar challenges in the future.

### Inclusion criteria for participation are as follows:

1. Professionally Qualified Psychotherapists: Only individuals who hold professional qualifications in psychotherapy recognised in Ireland are eligible to participate in this research.
2. Active Provision of Therapy During the Pandemic: Participants must have actively provided therapy services during the global COVID-19 pandemic
3. A diverse range of viewpoints and experiences: Participants will include psychotherapists with different theoretical backgrounds, different degrees of experience and practice contexts such as individual therapy, couples therapy, family therapy, group therapy and child and adolescent therapy.

### Voluntary Participation:

Your involvement in this research study is entirely voluntary. You have the right to withdraw within two weeks without facing any consequences. Your decision to participate or not, will not affect your relationship with Turning Point Institute or University College Cork.

Confidentiality and Anonymity:

While every effort will be made to maintain confidentiality and anonymity, guarantees cannot be provided due to the nature of the topic and the possibility of individuals becoming identifiable through their stories. We live in a small community, and there are inherent risks to confidentiality.

Data Protection:

Your data will be handled with the utmost care. We will take measures to protect the confidentiality of the information you provide. However, it's important to note that legal limitations may apply to confidentiality.

Storage of Research:

Copies of the completed thesis will be held at Turning Point Institute and University College Cork libraries. This is a standard practice for academic research and contributes to the dissemination of knowledge.

Contact Information:

If you have any questions, concerns, or would like more information about the research study, please contact:

**Researcher:** Gill Wall

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**Phone:** 0873384119

**Research Supervisor:** Marie Walshe

**Email:** [marie@walshe.org](mailto:marie@walshe.org)

**Confirmation of particular requirements as highlighted in the Information Sheet:**

**Please complete the following (Tick Yes or No for each question)**

I have read the Information Sheet (or had it read to me)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I understand the information provided	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I have had an opportunity to ask questions and discuss this study	Yes <input type="checkbox"/>	No <input type="checkbox"/>

I have received satisfactory answers to all my questions  
I am aware that my interview will be audio-recorded

Yes \_\_\_ No \_\_\_  
Yes \_\_\_ No \_\_\_

I have read and understood the information in this form. My questions and concerns have been answered by the researcher(s), and I have a copy of this consent form. I understand that my participation is voluntary and that I may withdraw from the study at any time and up to two weeks after my participation, without penalty. Therefore, I consent to take part in this research project.

**Participant's Signature:** \_\_\_\_\_

**Name in Block Capitals:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Date:** \_\_\_\_\_