

Psychotherapy and Yoga – a study of complementary practices.

Who am I and what this study is about?

My name is Rachel Murray, I am a psychotherapy masters student in my final year at Dublin Business School. The purpose of this survey is to investigate psychotherapists' use of and attitudes towards yoga and to explore psychotherapists' attitudes towards yoga as a complimentary practice to psychotherapy.

What will taking part involve?

Participation involves completing a survey which includes closed and open ended questions and attitude scales.

Why have you been asked to take part?

If you are an accredited or pre-accredited psychotherapist who has worked in Ireland in the last 12 months then I would be delighted if you took part in the study.

Do you have to take part?

Participation in this survey is voluntary and participants have the right to withdraw from participation at any point up until submitting the form.

What are the possible risks of taking part?

There are no known risks to taking part in the study.

Will taking part be confidential?

Confidentiality and anonymity for participants is ensured as data will be referred to using only statistics and themes.

How will the information you provide be recorded, stored and protected?

The data collected will be stored on a private, password protected laptop. The data will be disposed of once the research project is completed and marked.

What will happen to the results of the study?

The results will be submitted as part of my final year thesis for my Masters in Psychotherapy.

Who should you contact for further information?

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Thank you.