

## Study Guidance Notes

We are conducting a study which asks:

### **What therapeutic questions could a client consider in the absence of their person-centred therapist?**

This study is part of a research project which has been conducted through Keele University and Sheffield Hallam University. This stage of the project is looking at the potential for person-centred therapy clients to make progress on their own. This could be of value if clients are unable to get to see a therapist, or between sessions if contact with a professional is possible.

### **Ethical Approval**

This stage of the project is being conducted independently. Ethics approval through a recognised body is not currently possible, so principles contained in the BACP Ethical Guidelines for Research in the Counselling Professions 2018 have been implemented, including that: "The research has been reviewed, in advance of it commencing, by two or more people with relevant and appropriate qualifications, knowledge and experience working together to provide an independent ethical review".

### **Data Protection**

This research is also being undertaken in line with the GDPR 2018 and specifically on the legal basis of 'legitimate interests'. You have the right to lodge a complaint with the ICO about any breaches of the GDPR.

If, having read the information sheet and the participant consent information below, you wish to take part, please complete and return the Round 1 Questionnaire to [sue@suerenger.co.uk](mailto:sue@suerenger.co.uk).

Warm regards

A handwritten signature in black ink that reads "Sue Renger". The signature is written in a cursive style with a large, stylized 'S'.

Sue Renger

If you need more information, do contact me on: Tel: 07760 989511: Email: [sue@suerenger.co.uk](mailto:sue@suerenger.co.uk)

## Information Sheet

### Invitation

This is an invitation for you to participate in a study which asks:

*“What therapeutic questions could a client consider in the absence of their person-centred therapist?”*

### Why me?

You are an experienced therapist and you offer person-centred therapy as part of what you do.

### What do I have to do?

There are 2 short questionnaires to complete electronically.

1. Questionnaire 1 lists 3 items that describe the fully-functioning person. You are simply asked to note any questions which, given your experience, you would consider useful for a client to think about in relation to these aims.
2. Four other person-centred therapists will be sent the same questionnaire focusing on these 3 items only. Once these have been returned, you will be sent the collated results in a second questionnaire to check that you agree with them.

Each questionnaire should take 10-15 mins.

### Are there any benefits to taking part?

- You'll receive the list of 79 items defining the 'fully-functioning' person from recent research
- You can test the complete list of questions that are generated in the study with your clients

### What happens if I am unhappy with the process?

You are able to withdraw your consent to participate at any time before the study begins or throughout the process by simply sending an email to [sue@suerenger.co.uk](mailto:sue@suerenger.co.uk). You can also ask for your identifying data to be accessed, rectified, restricted or erased from our records at any time. However, once your responses to the questionnaires have been provided and anonymised, you would not be able to withdraw your suggested questions. In the case of any problems, your concerns will be dealt with in the first instance by the researcher and should that be unsatisfactory, by the BACP.

### Will my details and my contribution be confidential?

Unless we are advised otherwise by you, your name and email address will be retained only until the end of the study and for the benefit of offering you the opportunity to test the output, and we envisage both to be within 2 years. Any personal information that you provide will be coded as soon as possible ensuring that you cannot be identified in any way. All digital information relating to the study will be password protected on one PC, accessible only by two researchers. No physical data such as paper records will be retained. Once all the data has been anonymised, collated and analysed, it will be developed into materials for use in a further studies. It may be reported in scientific journals or published elsewhere.

## Participant Consent Information

You will be asked to give your consent to participate in the study at the beginning of the Round 1 Questionnaire. Please only return the questionnaire if you agree with the following statements:

- I have read the Information Sheet (above) for this study and I wish to participate in the study under the conditions set out in the Information Sheet
- I consent to the information collected for the purposes of this research study, once anonymised (so that I cannot be identified), to be used for any other research/publication purposes
- I understand that my data will be processed in line with the GDPR 2018

### Further Information

Principal Researcher, Sue Renger:  
Tel: 07760 989511  
Email: [sue@suerenger.co.uk](mailto:sue@suerenger.co.uk)

Sterndale House  
Litton  
Derbyshire, SK17 8QU