



# THE UNIVERSITY *of* EDINBURGH

**Recently qualified therapists/v.1.2/13/02/2022**

## **PARTICIPANT INFORMATION SHEET**

My name is Duncan Roebuck and I am a PhD student at the University of Edinburgh. I would like to invite you to take part in a study investigating how recently qualified therapists experience the transition to post-qualification practice. Before you decide to take part, it is important you understand why the research is being conducted and what it will involve. Please take time to read the following information carefully.

### **WHAT IS THE PURPOSE OF THE STUDY?**

The purpose of the study is to explore how recently qualified therapists (recently qualified counsellors and psychotherapists in the talking therapies) experience transition to post-qualification practice. To help build a picture of the post-qualification experience, I am speaking with senior professionals, recently qualified therapists, as well as therapists some three or so years into their post-qualifying careers. ***I am currently interested in hearing from therapists who have recently qualified (anytime in 2021 or since) and who intend making counselling and psychotherapy their main career, in private practice and/or employment in the UK.***

### **WHY HAVE I BEEN INVITED TO TAKE PART?**

There appears to be scarcity of research on how recently qualified therapists experience transition to post-qualification practice. My intention therefore is to recruit 7-8 recently qualified therapists to participate in an online research group exploring the post-qualifying period. The group will meet three times over a six-month period in the first half of 2022. I am particularly interested in the experiences of recently qualified therapists who intend making counselling and psychotherapy their main career, in private practice and/or employment in the UK.

My role will be to facilitate the group and open the discussion around certain themes

and questions. I will for instance invite the group to reflect on what experiences, thoughts and feelings come up in relation to being a recently qualified therapist, as well offer an opportunity to reflect on any challenges faced. I am currently building a preliminary picture of the post-qualification period through engagement with trainers, supervisors, agency managers, employers and accreditation bodies, and I may bring some of the themes identified here into the online research group for joint enquiry and reflection.

The research group will comprise recently qualified therapists (qualified anytime in 2021 or since) from a range of training backgrounds.

Former CPASS students from the University of Edinburgh are welcome to apply and your identity will not be revealed to tutors, supervisors, lecturers or counselling training peers.

### **DO I HAVE TO TAKE PART?**

No – it is entirely up to you. If you do decide to take part, please keep this Information Sheet and complete the Informed Consent Form to show that you understand your rights in relation to the research, and that you are happy to participate. If you do decide to take part you are still free to withdraw at ANY time and without giving a reason. Please note down your participant number (which appears on the Consent Form) and provide this to me if you seek to withdraw from the study at a later date.

If you wish to withdraw from the study once the group has started meeting, I would still be very interested to learn about your experiences as a recently qualified therapist and may offer a one-off, one-to-one exit interview to explore these. I'd also be interested to learn what aspects of the online research group perhaps did or did not work for you. There is, however, no obligation to participate in this and no reason need be given for declining.

### **WHAT WILL HAPPEN IF I DECIDE TO TAKE PART?**

You will be in a group of around 7-8 recently qualified therapists and will meet virtually through Microsoft Teams. The group will meet three times in the first half of 2022, i.e. late February; late April or early May, and early July. Each meeting should take no more

than 90 minutes to complete. I would like to video record these meetings and will require your consent for this.

Each meeting will be a space to explore experiences, thoughts, feelings, and challenges associated with being a recently qualified therapist. The third meeting will include a debrief, where there will be an opportunity to reflect on what the group process was like.

I will share a short questionnaire with you prior to participation. The questionnaire will ask for your sex, age, nationality (UK national, EU national, non-UK/EU national), as well as which training institution you qualified with, if you intend accrediting and with which accreditation body, and whether you intend going into private practice, paid employment or a combination of both. The above will not be attributed to individual participants in my PhD thesis or associated publications. General statistics will be used instead. I will not name participant training institutions in my PhD or any other published materials.

My questionnaire will also include three screening questions, i.e. did you qualify in 2021 or since, do you intend making counselling and psychotherapy your main career, and are you transitioning to post-qualification practice in the UK. These are the only criteria for participation.

### **WHAT ARE THE POSSIBLE BENEFITS OF TAKING PART?**

By sharing your experiences, you will be helping me, the University and potentially the wider counselling and psychotherapy discipline better understand what it is like for recently qualified therapists. You may also benefit through being in a reflective group that jointly explores what it is like to transition to post-qualification practice.

### **ARE THERE ANY RISKS ASSOCIATED WITH TAKING PART?**

If the views you express obviously link to yourself, then it may be possible for the reader (of my thesis or future publications) to deduce who you are if they know you well. I will, however, remove names of people, places, and institutions to help protect your identity.

## **WHAT IF I WANT TO WITHDRAW FROM THE STUDY?**

Agreeing to participate in this project does not oblige you to remain in the study nor have any further obligation to this study. If, at any stage, you no longer want to be part of the study, please inform me, Duncan Roebuck, [D.C.Roebuck@sms.ed.ac.uk](mailto:D.C.Roebuck@sms.ed.ac.uk). You should note that your data may be used in the production of formal research outputs (e.g. journal articles, conference papers, theses and reports) prior to your withdrawal and so I would advise that you contact me at the earliest opportunity should you wish to withdraw from the study. If you withdraw from the study, your in-group contributions will not be quoted in any published materials. It is possible however that other participants' responses to your contributions could still be used. If withdrawing, I will need to maintain our records of your consenting to participate.

## **DATA PROTECTION AND CONFIDENTIALITY**

Your data will be processed in accordance with Data Protection Law. All information collected about you will be kept strictly confidential and will not be disclosed to any other organisations. Your data will be referred to by a unique participant number rather than by name. If you consent to being video recorded, all recordings will be destroyed once they have been transcribed. Your data will only be viewed by me. All electronic data will be stored on a password-protected computer file and all paper records will be stored in a locked filing cabinet. Your consent information will be kept separately from your responses to minimise risk.

## **WHAT WILL HAPPEN WITH THE RESULTS OF THIS STUDY?**

The results of this study will be used in my PhD and may be summarised in published articles, reports and presentations. Quotes or key findings will always be made anonymous in any formal outputs unless I have your prior and explicit written permission to attribute them to you by name. It may not be possible, however, to ensure anonymity if the views you express obviously link to yourself. We will have the opportunity to discuss this in more detail before and after the online group meetings and ensure you are comfortable with the level of anonymity that I can provide. Information may also be

kept for future research.

## **WHO CAN I CONTACT?**

If you have any further questions about the study, please contact me, Duncan Roebuck, [D.C.Roebuck@sms.ed.ac.uk](mailto:D.C.Roebuck@sms.ed.ac.uk)

If you wish to speak to an independent person, please contact Seamus Prior, Senior Lecturer: [seamus.prior@ed.ac.uk](mailto:seamus.prior@ed.ac.uk)

If you have a concern about this research or wish to make a complaint about the study, please contact Matthias Schwannauer, Head of School: [m.schwannauer@ed.ac.uk](mailto:m.schwannauer@ed.ac.uk)

Further information about the University's complaint handling procedure is available here: <https://www.ed.ac.uk/university-secretary-group/complaint-handling-procedure>.

For general information about how we use your data go to: <https://www.ed.ac.uk/records-management/privacy-notice-research>

