



Edge Hill
University

The Counselling Study

Exploring the Counselling Experiences of those Estranged from a
Family Member

Introduction. This information sheet aims to help you decide if you would be willing to take part in the Counselling Study. If anything is not clear or if you would like more information then please feel free to ask a member of the research team, whose details are below.

What is the purpose of this project? This study aims to explore the counselling experiences of individuals in the UK who have sought counselling for estrangement from a parent or an adult child. The findings will be used to develop guidelines for UK counsellors working with the estranged community.

Who can take part in the study? We are looking to speak with individuals who are estranged from a parent, adult child, or both, who have received or sought counselling or psychotherapy in the UK in relation to estrangement, and who have done so in the past 5 years.

Why am I receiving information about this study? You are a member of the Stand Alone mailing list and live in the UK. As a member of this list, you have agreed to be contacted about research.

What will happen if I decide to take part? We would like to interview you over the phone or skype. This will take approximately 30-60 minutes.

Do I have to take part? No, it is entirely up to you to decide whether you agree to take part. If you do take part and then change your mind, you can withdraw your interview data up to 7 days after the interview. To do so, you will just need to contact a member of the study team.

How do I give consent to take part? Before your telephone interview begins, we will also give you an opportunity to ask questions about the study. We will only start the interview only once you have given your verbal consent.

What are the disadvantages and risks of taking part? There is a chance that you could become upset as a result of talking about your experience of estrangement. If so, the interview can be stopped at any time and the researcher can help guide you to the best place for support. We will also give you a 'Thank You and Helpful Information Sheet' at the end of their involvement in the study which will provide contact details of organisations that you might find helpful.

What are the possible benefits of taking part? There are no direct benefits from taking part in the study. However, the information that you share with us could help inform guidelines for counsellors who are working with individuals who are experiencing family estrangement.

What happens when the research study stops? Once you have been interviewed you will not need to do anything else. If you would like, we will send you a short summary of the research or the full paper when it is published, just let us know.

Will my participation in this study be kept confidential? All the information that is collected during the study will be kept strictly confidential and your name and other personal details will not be shared in any final reports, presentations or articles we write. We may use anonymised extracts from their interview in our reports, presentations, articles and so on but we will make sure no-one will know it was you who said it.

However, if you tell us about illegal activity of a counsellor or psychotherapist we will not be able to keep this confidential. We will discuss with you the next appropriate steps, which could include advising you share some information with a suitable organisation (such as the British Association of Counselling and Psychotherapy) after the interview.

The University is committed to ensuring compliance with current data protection legislation and confirms that all data collected is used fairly, stored safely, and not disclosed to any other person unlawfully.

What will happen to the results of the research study? The anonymised findings from this study will be shared with Stand Alone and we will write academic articles and give presentations at conferences to share our ideas with other professionals.

Who is funding this study? This study is being funded by Edge Hill University. The research team will not receive any personal payments for undertaking this research.

Who has reviewed the study? The study has been reviewed by the Faculty of Health and Social Care Research Ethics Committee at Edge Hill University (May, 2018).

Who can I contact if I want to take part or want more information? If you would like to take part or would like further information then please contact Dr Lucy Blake. Lucy is a

Senior Lecturer in Children, Young People and Families at Edge Hill University who studies family estrangement. Her contact information is as follows: lucy.blake@edgehill.ac.uk

If you have any concerns about the research and wish to speak to someone independent, please contact Professor Clare Austin, Associate Director, Research & Innovation on 01695 650772 or email austincl@edgehill.ac.uk.

Thank you for your interest in the Counselling Study.