



# OLLSCOIL NA GAILLIMHE

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## UNIVERSITY OF GALWAY

### PARTICIPANT INFORMATION SHEET

#### **Title of Project**

The mediating role of attachment style between childhood trauma and body centred countertransference and dissociation in trauma therapists.

#### **Invitation**

My name is Alison Kelly-Delaney, and I am a Psychologist in Clinical Training with the Health Service Executive and University of Galway, Ireland.

You are invited to take part in a research study. Before you decide, it is important that you understand why the research is being conducted and what will be involved. This *Participant Information Sheet* will inform you of the purpose, risks and benefits of this research study. Please take as much time as you need to read this information. You should only consent to participate in this research study when you feel you understand what is being asked of you, and you have had enough time to consider your decision. Thank you for reading this.

#### **Purpose of the Study**

This study aims to explore how childhood experiences and relationships relate to well-being in therapists working with trauma survivors. In particular, the current study aims to examine how difficult childhood experiences relate to feelings of being disconnected from the body, emotions, and the environment within therapy sessions. It is intended that this study will be carried out over a 14 month period.

As you are a member of the Complex Trauma Therapists Network, indicating that you work with trauma survivors, you are being invited to participate in this study.

#### **Taking Part – What is Involved?**

##### **Do I have to take part?**

It is up to you to decide if you wish to take part in the study. If you do decide to take part, you will be asked to complete a consent form to confirm that you wish to take part in the study and understand what is involved. If you decide to take part, you are still free to withdraw at any time. A decision to not take part or withdraw from the study will not affect your rights in any way.

##### **What will happen to me if I take part?**

Taking part in the study involves completing a number of questionnaires online through a Qualtrics online survey link. These questionnaires will explore childhood experiences, relationships with other people, current experiences of emotions and disconnection from your body and the environment. As part of the study, general information about you will be collected, such as age, gender and ethnicity. However, no personal information will be gathered, therefore all responses that you provide will be anonymous and no individual participant will be discussed in the results. The results of this study will be published in an academic research journal on completion of the study.

**How long will my part in the study last?**

It is anticipated that your participation in the study should take no longer than 30 minutes.

**What are the possible benefits of taking part?**

While there are no direct personal benefits of taking part in this study, the study will contribute to understanding how childhood experiences and relationships are relevant to well-being in trauma therapists whom experienced difficult childhood experiences.

**What are the possible risks and disadvantages of taking part?**

The study includes questionnaires that measure your well-being and experiences you may have had as a child. While answering these questionnaires, you might find you would like to talk to someone about the issues that arise for you. Details of national supports will be provided at the end of the questionnaire should you wish to avail of support following your participation in the study.

**What happens if I change my mind during the study?**

You are entitled to change your mind about your participation in the study at any time.

**Who do I contact for more information or if I have further concerns?**

If you have any concerns about this study and would like to seek further information, you may contact the following;

**Alison Kelly-Delaney**, Psychologist in Clinical Training, Psychology Department, University of Galway.  
**Email:** [a.kelly-delaney1@universityofgalway.ie](mailto:a.kelly-delaney1@universityofgalway.ie) **Telephone:** 00353 87 177 1657