

## Research Project Proposal Form

**Name:** Susie Hewitt

**Research topic/focus:** To explore and understand the re-occurring experience of being lost.

**Intended methodology:** Qualitative, phenomenological research on an unstructured interview of 1 hour with a co-researcher.

### How will you prepare your participant and minimise any risks of harm to your participant?

*(Consider your duty of care, informed consent, confidentiality and debriefing procedures plus issues around maintaining appropriate research boundaries particularly)*

- Agreed to conduct the co-research with colleague in March 2010 (therefore time before the interview in August to prepare ourselves)
- We have discussed the process and research subjects with each other since then
- The co-researcher chose their own research subject (i.e. my colleague chose the topic she wanted to be interviewed about – as opposed to me choosing my own research topic and asking to interview her) which we both felt embedded an extra layer of safety
- Confirmed the co-researcher is in long-term weekly therapy
- Discussed confidentiality and agreed that it is ok for our Training Group and Therapy Group to know we are researching each other and the topics we are researching, but that the detail and content of the research is confidential (apart from to Bob Cooke and Linda Finlay) at this point
- Any further details / disclosure on the content of the research (i.e. for peer review) will be agreed with the co-researcher at each stage
- If the research goes on to be published it must be with the consent of the co-researcher
- A debrief at the end of the interview for the purpose of safety was agreed: in order to ensure that anything that was brought up for the co-researcher during

the interview would be taken to therapy; to ensure the co-researcher is ok with the interview content and the level of disclosure. In the event of the co-researcher being uncomfortable we agreed that we would exclude the sections of the interview that they wanted removed or re-conduct the interview in its' entirety

- Agreed boundaries – we agreed that this was a research interview and not therapy. However, unexpected revelations may require therapy following the interview
- We will verbally contract to do no harm to one another and close escape hatches before the interview commences

**I have read the 'Manchester Institute Guidelines for Research in Psychotherapy' and I agree to abide by them.**

**Signed:**

**Date:**

**Approval given by:**

**Date:**