

From Diagnosis Towards A Developmental And Relational Approach To Borderline Personality Disorder

How Integrative psychotherapists work with clients with a diagnosis of Borderline Personality Disorder.

Information Pack

How do Integrative psychotherapists, in the early stages of therapy, work with clients who present with a diagnosis of Borderline Personality Disorder?

I am asking you to participate in a grounded theory research project that will aim to explore your work with clients who have a diagnosis of Borderline Personality Disorder.

This research project will form my dissertation for my final year of study of my MSc in Integrative Psychotherapy at the Sherwood Psychotherapy Training Institute (SPTI). Following successful completion of the master's degree, and if accepted and with your consent, your involvement will also contribute to a peer-reviewed journal article.

This study will be conducted within the SPTI Ethical Guidelines for Counselling Research and Psychotherapy and the British Association for Counselling and Psychotherapy's (BACP) Ethical guidelines for researching counselling and psychotherapy (both available on request) at all times and will be monitored and supervised by my course tutors and programme director within SPTI.

What will happen?

Being a research participant within this study will require you to undertake a 1:1 interview with myself, the researcher. As the interviews are later transcribed and analysed by myself, there may be further contact from me to clarify or explore further any emerging themes. This could include additional recorded interviews or communication and discussion by email.

Interviews will take place either at my private practice in Nottingham city centre, or another suitable location mutually agreed between us. Alternatively, interviews can be held online

using video conferencing software (Zoom - see www.zoom.us for further information about this software). A convenient time and date will be agreed between us, and the interview will be electronically recorded on a digital voice recording device or using the video conferencing software if we are meeting online. The interview will be approximately 1 hour in duration.

At the interview

I will be asking you about your work with clients who have a diagnosis of Borderline Personality Disorder, and in particular, focusing on the early stages of therapy. You may find it useful to consider the following areas beforehand:

- How do you conceptualise the Borderline Personality Disorder Diagnosis?
- What theories inform your conceptualisation?
- Do you share any part of this with your client, and if so, how?
- How does this then shape the therapy or any specific interventions?
- What do you think are the benefits of reformulating the diagnosis in this way?
- Does this process differ from your work with other clients?

I will bring a copy of the informed consent form for us to sign together before the interview. If at any time during the interview, you wish to pause or stop the interview, this will be done immediately. I will transcribe the interview data, and any identifiable information (including yourself and any clients you may have discussed) will be removed. A copy of this transcription will be sent to you, and you may remove any information you do not want to include in the research.

Immediately following the interview, I will check that you are sufficiently grounded and in an adult ego-state, and create space for you to discuss any difficult feelings which may have arisen during the interview. I will advise you that anything distressing or emotive occurring immediately afterwards or over the coming days, can be taken to your supervisor, therapist or a trusted member of your support network who can support you appropriately.

Your right to withdraw

You have the right to withdraw your consent to use your interview transcript at any time up to 31st December 2020. If you decide this, the transcript and recordings will be destroyed confidentially and safely in line with SPTI and BACP Ethical Guidelines, and none of your information will be used in the published research.

After this date, it will not be possible to remove your data from the research analysis completely, however you can withdraw from any further involvement at any time. A copy of the final research project can also be sent to you once completed, at your request.

Time commitment

The research project will require you to attend one interview of approximately 1 hour in duration. There may be further contact from me following this to clarify or explore further the emerging themes of the research. This could include an additional recorded interview or discussions by email.

Your rights

Your participation in this research project is entirely voluntary. You can decide to stop being a part of the research study at any time, and you will not need to offer any explanation.

At any time up to 31st December 2020, you may request that any data you have supplied be withdrawn and destroyed, which will be done so in line with SPTI and BACP Ethical Guidelines. After this time, your data will not be removed from the study, but any future involvement will cease.

During any interviews or discussion, you may stop at any point.

Costs and reimbursement

Your participation in this study is voluntary, and no expenses or other costs incurred by you can be reimbursed.

Confidentiality and anonymity

I will transcribe all information provided by you during the interview, and all identifiable information will be removed during this process. Your confidentiality will be maintained at all times in line with SPTI and BACP ethical guidelines, and no identifiable information will be kept after the transcribing process has occurred. The original recordings will be destroyed confidentially.

The final research project with all of your identifiable information removed, once submitted and accepted will be published as my dissertation research project, and a bound hard copy of this project will reside in the SPTI library on their premises.

Following successful completion of the master's degree, and if accepted and your consent received, your involvement will also contribute to a peer-reviewed journal article.

Your anonymised transcripts will need to be retained by myself as the researcher until the date after which the examining board have sat in 2021. For journal publication, your

transcripts will be retained for a further twelve months. Transcripts will then be destroyed confidentially in line with the SPTI and BACP ethical guidelines.

If during the interview, you disclose information which indicates that clients or other professionals are at risk, or have been harmed, the interview will be immediately terminated. Necessary steps will be taken to ensure the protection of clients or other professionals. This could include following vulnerable adult safeguarding or child protection procedures, or the professional conduct procedures of your professional body.

About the researcher

I am a BACP accredited psychotherapist working in private practice, undertaking this MSc Integrative Psychotherapy for my continuing professional development.

Further information and complaints

If you like to talk with me or have any other questions, please contact me at justin@justinclark.xyz, telephone 0115 7722132, or mobile 07519 821746.

Alternatively, if you would like to speak with the SPTI or have any complaint or query regarding any part of this study, Deborah Blagden (Programme Leader) is contactable on 0115 924 3994 or info@spti.net.

If you wish to make a complaint regarding the process of the research undertaken by me, you may do so by contacting the BACP by calling 07811 762114 or 07811 762256 or by email to ask@bacp.co.uk.

What next?

Please keep this information sheet so that you can refer to it in the future.

If you would like to participate in this study, you should also read the Informed Consent Form. You will need to contact me to confirm your interest.