

## Plain Language Information Statement

**Date:** 23 July 2019

**Full Project Title:** Therapists' experience of climate change: a dialectic between personal and professional

**Principal Researcher:** Zoe Krupka, [Zoe.Krupka@cairnmillar.edu.au](mailto:Zoe.Krupka@cairnmillar.edu.au), 9813-3400

**Student Researcher:** Jules Silva, [1420-15@cairnmillar.edu.au](mailto:1420-15@cairnmillar.edu.au), 0407 661 994

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### To Participant:

This Plain Language Information Statement contains information about this research project. Its purpose is to explain to participants the procedures involved in this project so that they can make a fully informed decision regarding participation.

Participation in this project is voluntary. Identifying information regarding participants that is gathered initially will be de-identified before the transcription process and then discarded. All potential participants have the right to withdraw from the study at any point up until the time that the data collected has been de-identified.

Close friends or associates with whom any of the researchers has regular contact, family connections, students, supervisees, and Cairnmillar staff/students are not eligible to participate.

### Why is this research being conducted?

The purpose of this study is to better understand the processes and meanings for therapists (psychotherapists, psychologists, or counsellors) in their personal experience of climate change, as well as their experience working with clients that present with existential anxieties that may be associated directly or indirectly with climate change. We intend to recruit between five and eight therapists to take part in this study.

### Why have I been approached?

To explore this experience, we are approaching therapists with personal concern about climate change. We are seeking participants aged between thirty-five and sixty that will possess the language, experience, practice framework and procedures to support having difficult conversations with clients that present with complex issues. Participants will have had considerable experience in reflecting on processes occurring in professional practice as part of ongoing supervision.

## **What will I be required to do?**

This research project is being conducted by as part of a Masters Degree in Counselling and Psychotherapy. Participation involves taking part in a 60-75 minute interview with the student researcher during which several questions will be asked about the participant's personal and professional experience of climate change.

The interview will take place at Cairnmillar Institute in Hawthorn or at the participants' work place. The recordings will be transcribed by the student researcher before being destroyed. During transcription, all identifying information will be removed and participants will be referred to in text using pseudonyms to ensure participants' privacy is protected. Furthermore, in publications arising from the data, no information will be included that could identify either participants or their clients. Participation in this project is completely voluntary. There are no consequences for not participating and those taking part in the study may withdraw from the study at any point up until the time that the data collected has been de-identified.

## **Possible benefits**

Participants may gain some indirect benefits from the research. Participating in this study is an opportunity for participants to reflect on; their own personal attitudes and behaviours in relation to climate change, that of their clients, as well as any related professional processes and meanings. This study will contribute to research about mental health professionals' experience of climate change and ultimately may inform practice.

## **Possible risks**

We do not expect that participation will expose those that take part in the study to risk beyond that experienced in their everyday life. If participants feel any discomfort during the interview, they are free to discontinue at any time with no consequence. Please also note that all data provided will be confidential (although this may be limited in the case of unethical behaviour). Furthermore, in the unlikely event that a participant becomes distressed, we will make sure that adequate supervision is available to them for debriefing.

## **How do I get started?**

For potential participants to get started, they are to contact the student researcher via one of the following:

Email Jules Silva:  
1420-15@cairnmillar.edu.au

Text message:  
0407 661 994

## **What will happen to the information I provide?**

The data collected from this research will be secured either in a locked cabinet at the Cairnmillar Institute or on a password-protected computer. Only the principal researcher and the student researcher will have access to the data.

The information collected will be presented as a thesis and potentially also in journal articles or as conference papers. Any data collected during the process will be de-identified. Participants will have the opportunity to choose their own pseudonym or the researcher can choose it.

The data will be destroyed five years after publication of the thesis or after other papers that arise as a result of the search are published.

## **Who can I contact if I have concerns or complaints?**

This study has been approved by the Human Research Ethics Committee at The Cairnmillar Institute and will comply with the National Statement on Ethical Conduct in Human Research (National Health and Medical Research Council of Australia, 2007).

If you would like further information regarding this study, if you have any concerns regarding this project, or you wish to withdraw your participation, please contact the research supervisor or myself at any time. If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may also contact the Secretary to the Human Research Ethics Committee. All contact details can be found below.

Secretary to the HREC  
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