Society for Psychotherapy Research
Interest Section on Therapist Training and Development

SPRISTAD

COLLABORATIVE STUDY OF DEVELOPMENT IN PSYCHOTHERAPY TRAINEES

TRAINEE INFORMATION & INFORMED CONSENT

What is the SPRISTAD Study?

'SPRISTAD' is the Society for Psychotherapy Research Interest Section on Therapist Training and Development. The Society for Psychotherapy Research (SPR) was founded in 1970 as an international, multidisciplinary scientific association devoted to research on psychotherapy (see *www.psychotherapyresearch.org* for more information about SPR).

SPRISTAD members are jointly conducting a study of how therapists in training develop over time—a study taking place at many training programs worldwide. The project's principal investigators are Professors David Orlinsky (University of Chicago, USA), Bernhard Strauss (University of Jena, Germany), and Michael Helge Rønnestad (University of Oslo, Norway).

The SPRISTAD Study aims (a) to track *progressive changes* over time in trainees as therapists, and (b) to identify factors that *facilitate* or *impede* trainees' development. To do so, systematic information will be gathered on the characteristics of trainees and training programs, focusing particularly on trainees' experiences in practice and (optionally) in supervision as well.

Trainees and candidates at collaborating therapy training programs are invited to participate in the SPRISTAD study to increase our understanding of how development takes place, and to provide insights for the improvement of professional training.

Who can participate in the study?

The SPRISTAD Study of Development in Psychotherapist Trainees seeks participants in ***basic or advanced professional training*** programs of ***at least one-year duration*** who are currently ***working with patients/clients*** in a supervised clinical practicum, internship or fieldwork placement. Trainees will be asked to assess their training and practice experiences over time on at least three occasions at approximately six month intervals.

What must I do to participate in the study?

(1) To participate in this study, you must sign the ***Trainee Informed Consent*** document (at least Part I) which will be provided by your Local Research Site Coordinator.

(2) When signed, (***a***) give one copy of the ***Informed Consent*** to your Local Research Site Coordinator, (***b***) keep a copy for your own records, and (***c***) send a copy to the SPRISTAD data manager (e.g., as a pdf-scan via email to <therapistdevelopment@gmail.com>).

(3) When your ***Informed Consent*** has been received, the SPRISTAD data manager will send you an email containing ***individualized URL links*** the online questionnaires you will be asked to complete.

(4) On joining the study, you will be asked to complete ***two online questionnaires***.

(***a***) One individualized URL link that you receive from the SPRISTAD data manager will provide access to the ***Trainee Background Information Form*** (TBIF). The TBIF asks about you, including: your individual background; your past training or work experiences; your current life situation and sense of self. You will need to complete this ***only one time***, when you join the study.

(***b***) A second URL link will allow you to access the ***Trainee Current Practice Report*** (TCPR). The TCPR asks about your current training and practice experience, including: the clients you see; the treatments you use; your current clinical skills; any difficulties that may arise in practice; methods of coping when difficulties arise; your development as a therapist; and factors that seem to help or hinder your development. You will need to complete the TCPR ***one time when you join the study***—at or near the start of your clinical experience, or as soon as possible thereafter—and on ***at least two subsequent occasions***.

(***c***) ***Most of the questions*** in both questionnaires ***can be answered easily and efficiently*** either by picking a number or by selecting one of several response alternatives. Additionally, if you choose to answer them, there are ***a few open questions*** that offer a chance to express your own ideas (e.g., by writing about which aspects of the training program are most helpful for your development).

(***d***) Finally, to make ***the most economical use of your time***, you will be able to stop when you need to, save your answers online, and then return to answering questions when you have an opportunity to do so. In this way you will be able to control the amount of time it takes to complete the TBIF and TCPR.

(5) ***Approximately 6 months after*** your first completion of the TCPR, the SPRISTAD data manager will send you an email (with another individualized URL link) asking you to use the TCPR again for a follow-up report on your clinical practice experience. Then, ***approximately 6 months later***, the SPRISTAD data manager will send you another email (with an individualized URL link to the TCPR) asking you again for a follow-up report on your clinical practice experience. Your use of the TCPR on at least these three occasions will allow charting your development as a therapist during the year.

How long will the study last?

You are asked to participate in the study *for at least one year*. However, we hope that you will find it personally meaningful to keep track of your clinical practice experience by using the TCPR, and will want to continue after the first year—at intervals that you and your training program decide are best. Longer participation will greatly enhance the scientific value of the study!

Will there be any other opportunities to assess one's development?

Yes—although ***not required***, there are further assessment ***options*** for those who are interested.

(1) One opportunity is to study ***development over time in specific treatment cases*** with an instrument called the ***Trainee Case Progress Report*** (TCPR/c), which resembles the TCPR described above but focuses on progress in particular cases rather than overall practice. If you are interested in this ***study option***, you will be asked to complete the TCPR/c at least three times (after signing Part II of the ***Trainee Informed Consent***): once at or near the start of the case; then again some weeks or months later; and at least one more time after that (e.g., at or near the end of treatment).

(2) You can use the TCPR/c independently to study your treatment case(s), but it will be especially valuable if you do so ***in collaboration with a clinical supervisor***, so that parallel reports about progress in the case can be made both by you and your supervisor. If you and a supervisor agree to engage in this ***clinical research partnership***, the supervisor will be asked to complete a ***Trainee Supervisor's Progress Report*** (TSPR) at the same time that you do your TCPR/c.

Will the information I provide be confidential?

The information you provide will be **protected from any evaluative or administrative use by your training program.** Protection of confidentiality will include:

- ***Anonymity*** of your responses to the questionnaires, which will be identified only by a *private code* that you devise.
- ***Confidentiality*** of information (e.g., email addresses) will be kept in a secure locked location by the SPRISTAD data manager;
- Commitment of the ***local research site coordinator to act as ombudsman*** to protect the personal and ethical interests of trainees;
- A signed ***pledge by the local research site coordinator*** that information returned by the SPRISTAD data manager to the local research site will be used solely for research purposes;
- To reduce trainee identifiability, collection of data from a minimum of 10 trainees per training program will be required before data are released to the program;
- If the optional *Trainee Case Progress Report* and *Trainee Supervisor's Progress Report* are used, information will not be disclosed to each other unless both give additional informed consent for this to be done (Part II of *Trainee Informed Consent*);
- ***If you formally agree*** (on Part III of the *Trainee Informed Consent*) your private code may be made available to your local research site coordinator for confidential use in other studies that you participate in at your program, to enhance the value of data that have been collected in each.

What will be the benefits?

The study aims to contribute (a) to a better understanding of professional development among therapists, and (b) to improving therapy training programs by identifying factors that help or hinder trainee development. In addition, by participating in the study you will be able to access all the data that you contribute, enabling you to track and reflect on your training and practice experiences over time.

Are there any risks in taking part?

We do not envisage any risks to you from taking part in the study.

Do I have to take part?

No, your involvement is ***entirely voluntary*** and you can withdraw from the research at any time.

Who can I talk to if I have questions or concerns about the study?

You can talk to your Local Site Research Coordinator for the project:

Name: _____

Email: _____ Tel: _____

If you have further questions, please write to <therapistdevelopment@gmail.com>.

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STUDY OF DEVELOPMENT IN PSYCHOTHERAPY TRAINEES

TRAINEE INFORMED CONSENT

(1 copy each for the participant, the Local Research Site Coordinator, & the SPRISTAD Research Committee)

I. SPRISTAD STUDY PARTICIPATION

to be completed by all study participants

***Please check below as appropriate*:**

- I confirm that I have read and understood the information sheet for the above study and have had an opportunity to ask questions about it. ____Yes / ___No
- I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. ____Yes / ___No
- I understand that the information I provide in using the *Trainee Background Information Form* and the *Trainee Current Practice Report* will be protected from any evaluative or administrative use by my training program. ____Yes / ___No
- I understand that my identity and personal data will be kept in strict confidence by the SPRISTAD system administrator. ____Yes / ___No
- **I agree to take part in the SPRISTAD Collaborative Study of Development in Psychotherapy Trainees.** ____Yes / ___No

_____ _____ _____

Name of participant Date Signature

II. ADDITIONAL CASE STUDY PARTICIPATION

to be completed by case study and/or supervision study participants

***Please check below as appropriate*:**

- I agree to use the *Trainee Case Progress Report* and understand that the information I provide will be protected from evaluative or administrative use by my training program. ____Yes / ___No

- I agree that the information I provide in using the *Trainee Case Progress Report* can be shared confidentially with my case supervisor, if s/he is participating in the study. ____Yes / ___No

_____ _____ _____

Name of participant Date Signature

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III. POSSIBLE PARTICIPATION IN OTHER STUDIES

to be completed by trainees who are participating in other program studies

- I am participating or plan to participate in other research projects conducted at my training program and I give permission for the data that I contribute as part of the SPRISTAD Study to be linked by using my personal code to data that I contribute to those other research projects. ____Yes / ___No

- I understand that the data I contribute to this and other research projects will be strictly confidential and will be used solely for research purposes. ____Yes / ___No

_____ _____ _____

Name of participant Date Signature