

National University IRB: Informed Consent

11255 North Torrey Pines Road, La Jolla, CA 92037-1011

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National University

The Efficacy of Body-Oriented Psychotherapy

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We are asking you to take part in a research study about how your participation in a form of body-oriented psychotherapy has helped you or not helped you. You have agreed to take part because you are interested in the study and are currently in treatment with a body-oriented psychotherapist who is also participating in the study. Please read this form carefully and ask any questions you may have before agreeing to take part in the study.

What the study is about: In this study, we are trying to determine how effective body-oriented psychotherapy is with clients like yourself.

What you will be asked to do: If you agree to be in this study, you will log onto a secure website, obtain an ID#, and complete forms including self-report measures of symptoms and wellness at the beginning of the study, at 6 months, 12 months, 18 months, 24 months, and 36 months if you are still in treatment. If you leave treatment before the end of the 36 months you will be asked to complete the forms prior to your last session. Your therapist will also complete forms about your treatment, in particular the types of techniques used with you.

Risks: *We do not anticipate any risks to you participating in this study other than those encountered in your life given that you are currently in psychotherapy.*

Benefit: You may be able to see your progress in your therapy. There could be a significant benefit to other potential clients based on the analysis of the results of your and many other clients' experiences in psychotherapy.

Costs and Compensation: There will be no additional costs other than what you currently pay for your psychotherapy. There is no compensation for participating in the study.

Confidentiality: We will keep the records of this study private. In any article we make public, we will not include any information that will make it possible to identify you. Your name will not appear on any records. Your therapist will use your ID# as your code number and add it

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to your information before sending it in to the research team. Details such as age, gender, ethnicity, etc. will not be reported on any individual but only as a collective group.

Taking part is voluntary: Participation in this study is completely voluntary. While we hope you are willing to participate for the length of the study, you may quit at any time with no repercussions.

If you have questions: Please ask any questions you have by email to jparker@nu.edu. If you have any questions or concerns regarding your rights as a subject in this study, you may contact the Institutional Review Board (IRB) at (858)612-8384 or access their website at irb@nu.edu

Statement of Consent: I have read the above information, and have received answers to any questions I asked. I consent to take part in the study.

Your Name _____ Date _____