

INFORMED CONSENT FORM

Official Study Title: Self-Care Psychoeducation Program for Trauma Counselors: A Qualitative Intervention Study

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This study is conducted as part of the Master's Thesis of Aslıhan Cingirit in the Department of Guidance and Psychological Counseling at TED University, under the supervision of Dr. Begüm Serim-Yıldız and co-supervision of Dr. Tolga Erdoğan. This form has been prepared to inform you about the research conditions.

What Is the Purpose of the Study?

The primary aim of this study is to develop and implement a self-care psychoeducation program to enhance trauma counselors' self-care skills across multiple dimensions.

What Are the Expectations?

At the beginning and at the end of the study, the same self-evaluation form will be administered twice. Completing the form will take approximately 15 minutes each time. The group intervention will last 7 weeks and will be conducted once a week for two hours per session. At the end of each session, you will be asked to evaluate that week's work through reflective journals. This evaluation process is expected to take approximately 10–15 minutes and is included within the session time. You may review the detailed content of each session in the attached document provided to you.

What Should You Know About the Participation Process?

Participation in this study is entirely voluntary. You may refuse to participate or withdraw from the study at any time without any penalty or negative consequences. All personal disclosures, journal entries, and evaluation forms collected during the study will be kept strictly confidential. Data and identity information will not be matched in any way. Only the researchers will have access to the collected data. The results of this study may be used in scientific and professional publications or for educational purposes; however, participants' identities will remain confidential. A summary report of the study findings will be shared with participants after the completion of the research.

Risks

During the group sessions, participants may occasionally experience emotionally or behaviorally challenging moments. In such cases, a second group leader present in the sessions will provide necessary support and guidance. Additionally, contact information for institutions and organizations offering free psychological counseling services will be provided.

Contact Information

If you would like to receive more information about the study, you may send your questions or comments via email to:

aslihan.cingirit@gmail.com

I have read the information above and voluntarily agree to participate in this study.

YES ____ NO ____

Name-Surname: _____

Date: ____ / ____ / ____