

Appendix III

Gestalt Psychotherapy Practice Research Network

Client Information Sheet And Consent

This Practice Research network uses a standard evaluation system (CORE). This approach has been developed to help providers of counselling and psychotherapy to deliver and develop the best possible services to clients seeking help for their difficulties and concerns. As part of the system, all clients are asked to complete a brief questionnaire at the start and at the end of their therapy. These questionnaires assist us in understanding your problems, and ultimately, the degree to which we help you with those problems. We hope you will agree to complete the questionnaires, but would like to emphasise that participation is entirely voluntary and declining to complete them will not affect your access to therapy in any way.

About our evaluation:

We would like you to complete a brief questionnaire before and after your contact with the therapy service. Your therapist will also complete simple record forms relating to your therapy.

To assist in monitoring your ongoing progress and how well the work we do together is fitting for you, your therapist may also ask you to complete a questionnaire part way through your therapy.

The purpose of these forms is to help us better understand more about your problems that you wish to address in therapy, to assist us directly in our work with you and also to help us learn how best to improve our services.

The processing of completed forms is co-ordinated by the Gestalt Psychotherapy Practice Research Network team in order to assist us further in the development of our services.

The information from the forms will be treated as strictly confidential. **No names or personal details of any kind are used on any forms that leave your personal records.**

Filling in the forms will be taken to represent your agreement for the anonymized data to be used for service evaluation.

Research clearly illustrates that ongoing feedback from the client about the therapeutic relationship and how change is progressing in therapy assists in improving the outcome of therapy. However, we wish to emphasise that participation in this feedback process is entirely voluntary and should you choose to at any point decline to complete the forms your access to therapy will not be compromised.