

Help with recruitment of participants

New School of Psychotherapy and Counselling/Middlesex University UK

The Study: “The Relationship of Therapist Meditation Practice to their Existential Therapeutic Work”: A Grounded Theory Study”.

Researcher: Dr Ramesh Pattni (doctoral candidate)

Invitation to participate in research:

I would like to invite you to take part in a research study. This research is being carried out as part of my doctoral studies at NSPC Ltd and Middlesex University. The purpose of the research is to study the relationship between your meditation practice and your Existential therapeutic practice and to find out how meditation may influence your therapeutic alliance and work with your clients.

You can participate in this research study if you are a practitioner of meditation and an Existential Counsellor/Psychotherapist. Please see below the criteria for inclusion and exclusion for participating in this research.

Inclusion criteria: 1. Registered professional Existential or primarily Existential oriented psychotherapist/counsellor in practice for at least one year; 2. Having an active client base; 3. Practising meditation (either open or focused awareness or both) regularly for at least one year while in active clinical practice.

Open awareness meditation: Mindfulness based; Vipassana; Zen; other types of open awareness meditation like Yoga meditation.

Focused awareness meditation: Mantra meditation, Transcendental Meditation; other types of focused meditation.

Exclusion criteria: 1. Student counsellor/psychotherapist in training; 2. Non-English speaking.

Please do consider participating!

If you have any questions about the study please do get in touch with me, Dr Ramesh Pattni via email: rp904@live.mdx.ac.uk or rdpattni@gmail.com.
