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ANNEXURE A:
Permission for Research: Family Life Centre

ANNEXURE B:
Informed Consent Letter: Family Therapy Practitioners

INFORMED CONSENT

PARTICIPANT'S NAME..... DATE.....

PRINCIPAL INVESTIGATOR

Sue Cook
University of Pretoria

1. Title of Study:

An epistemological journey in search of reflexivity and the authentic self: family therapy theory and intervention.

2. Purpose of Study:

The purpose of the study is to explore the implications of epistemological shifts in the field of family therapy on the capacity for reflexivity and the development of an authentic self in practice.

3. Procedures:

I will be asked to participate in a face-to-face interview to respond to questions and themes relating to the phenomenon of epistemological shifts in the field of family therapy, theoretical and experiential training, experience of participation in a reflecting team, exploration of fit between theory and self, awareness of self and personal paradigm, and capacity for reflexivity. The interview will take place at my convenience, and the duration will be 1-2 hours. Should a further interview be deemed necessary, this will also be at my convenience and for the same duration.

4. Risks/discomfort:

There are no known risks or discomfort associated with the project. Should I experience fatigue or stress during the interview I will be given as many breaks as I feel necessary during the interview session. Should the need for debriefing arise, I may request a debriefing interview to be conducted at Family Life Centre.

5. Benefits:

I understand that there are no known direct benefits to me for participation in the study. However the results of the study may help family therapy practitioners to gain a better understanding of the opinions, perceptions and experiences of other practitioners with regard to the phenomenon of epistemological shifts in the field and the importance of reflexivity for authentic practice.

6. Participant's Rights:

I may withdraw from participating in the study at any time.

7. Confidentiality:

The results of the study may be published in professional journals or presented at professional conferences, but my identity will not be revealed unless required by law.

I understand my rights as a research subject, and I voluntarily consent to participation in the study. I understand what the study is about, and how and why it is being undertaken.

.....
Signature of subject

.....
Date

.....
Signature of investigator

ANNEXURE C:
Interview Schedule

INTERVIEW SCHEDULE

FAMILY THERAPY PRACTITIONERS: FAMILY LIFE CENTRE

1. BIOGRAPHIC DETAILS

1.1 Gender:

1.2 Age:

1.3 Present Marital Status:

1.4 Tertiary education (including degree in progress, if applicable):

1.5 University/universities from which degree/degrees was/were obtained:

1.6 Position held at Family Life Centre: (i.e. intern, sessional worker, staff member):

1.7 Level of experience as a family therapy practitioner:

1.8 Counselling history (professional and non-professional, if applicable):

1.9 Other work experience:

1.10 Any further comments:

2. PERCEPTIONS, OPINIONS AND EXPERIENCES RELATING TO FAMILY THERAPY THEORY AND INTERVENTION

2.1 Family Therapy Theory

- 2.1.1 Opinion, if any, regarding the epistemological shift that has taken place in the field of family therapy over the past decade.
- 2.1.2 Theoretical approach/approaches used by respondent in the practice of family therapy.
- 2.1.3 Perceptions regarding the initial encounter with your chosen approach/approaches.
- 2.1.4 The way you chose your particular approach/approaches to family therapy practice.
- 2.1.5 The ways your chosen theoretical approach influences your personal values and/or beliefs.
- 2.1.6 The ways your personal values and/or beliefs influence your chosen theoretical approach.
- 2.1.7 The impact of your chosen theoretical approach on your personal and professional life.
- 2.1.8 The philosophy of your chosen theoretical approach and the fit with your preferences as a person and as a family therapy practitioner.
- 2.1.9 The ways, if at all, your approach to family therapy has changed since entering the field of family therapy.

2.1.10 The type of theoretical approach/approaches that does/do **not** fit with your preferences as a person and as a family therapist.

2.1.11 The way you would have been as a family therapist and as a person, if you had **not** come across your chosen theoretical approach/approaches.

2.1.12 Any further comments:

2.2 **Intervention**

2.2.1 The ways your interventions are consistent with your chosen theoretical approach.

2.2.2 The ways your chosen approach contributes to a positive therapeutic relationship.

2.2.3 The ways you as a family therapist contribute to a positive therapeutic relationship.

2.2.4 The ways of relating to client families you have found to be most helpful.

2.2.5 Your values and beliefs about change during family therapy intervention.

2.2.6 The ways this personal belief about change influences your intervention with the client family.

2.2.7 The messages your interventions might send to the client family.

2.2.8 The ways, if at all, your beliefs about families have changed since entering the field of family therapy.

2.2.9 The extent to which your chosen theoretical approach has challenged your views, beliefs and attitudes with regard to intervention and the practice of family therapy.

2.2.10 The importance of being aware of your chosen theoretical approach in intervention and the practice of family therapy.

2.2.11 Any further comments:

3. PERCEPTIONS, OPINIONS AND EXPERIENCES RELATING TO PARTICIPATION IN A REFLECTING TEAM

3.1 Your knowledge of reflecting team practice in family therapy prior to participation.

3.2 Your expectations of reflecting team practice prior to participation.

3.3 Describe your experience of being an ‘observer’ of the client family.

3.4 Changes in your experience of being an observer over time.

3.5 Describe your experience of being ‘observed’ by the client family.

3.6 Changes in your experience of being observed by the client family over time.

3.7 Describe your general impression of participation in a reflecting team process.

3.8 The feelings typically experienced during a family therapy session, i.e. about the family, the family therapist, yourself.

3.9 Describe any incidents that may have significantly influenced you, either positively or negatively, during participation in a reflecting team.

3.10 Describe your learning from the experience of participation in a reflecting team (i.e. about your skills, knowledge, self).

- 3.11 Ways in which participation in a reflecting team may have influenced your choice of theoretical approach.
- 3.12 Feelings when fellow reflecting team members evidence different theoretical approaches in family therapy practice.
- 3.13 Ways, if any, in which participation in a reflecting team has fostered a higher self-awareness of yourself on both a personal and a professional level.
- 3.14 Any further comments:

4. PERCEPTIONS, OPINIONS AND EXPERIENCES RELATING TO THE SELF IN FAMILY THERAPY PRACTICE

4.1 **Personal Self**

- 4.1.1 Draw, if willing, or describe a genogram of your family-of-origin and family-of-procreation (if applicable).
- 4.1.2 Your role in your family-of-origin/family-of-procreation and feelings regarding that role.
- 4.1.3 Origin of your desire to help others.
- 4.1.4 Skills or abilities relating to helping others that you have developed in your life.
- 4.1.5 Describe the importance to you of being able to develop these abilities.
- 4.1.6 The experiences in your life that invited you to enter the field of family therapy.

- 4.1.7 The significant influences that nurtured your interest in the field of family therapy.
- 4.1.8 The aspects of your self that you believe you bring to the family therapy context.
- 4.1.9 Your awareness of your personal responses during the therapeutic encounter.
- 4.1.10 Knowledge of when/when not to use your personal responses to facilitate the family therapy process.
- 4.1.11 The personal qualities you believe are critical to one's use of self within the family therapy context.
- 4.1.12 Discuss, if applicable, the way a personal crisis in the course of your professional career was dealt with, as well as the way your achieved resolution. Any new outcomes or conclusions that become available and contributed to your family counselling career.
- 4.1.13 Discuss, if at all, the way family therapy practice may have affected your personal life.
- 4.1.14 Any further comments:

4.2 Professional Self

- 4.2.1 Write, if willing, or describe your career story (i.e. personal experiences that have contributed to your decision to be a family therapy practitioner, the resolution and the outcome that may have contributed to shaping your counselling career).
- 4.2.2 Your preferred ways of being as a person and as a family therapist.

4.2.3 Your experience of the fit between your preferred ways of being as a person and as a family therapy practitioner.

4.2.4 Your hopes about how families experience themselves when they are with you.

4.2.5 Awareness of your professional role during a therapeutic encounter with a client family.

4.2.6 Beliefs about the impact of your professional role on the client family.

4.2.7 Awareness of client issues that challenge you or contribute to feelings of discomfort.

4.2.8 Any further comments:

4.3 **Burnout**

4.3.1 Describe your level of satisfaction (or not) with your work as a family therapist at Family Life Centre.

4.3.2 Describe your level of satisfaction (or not) with your personal life.

4.3.3 Describe how you sustain yourself in your career as a family therapy practitioner.

4.3.4 Challenges to your ability to sustain yourself.

4.3.5 Any further comments:

5. OPINIONS OF FAMILY THERAPY PRACTITIONERS ON THE FUTURE

5.1 Hopes for the future of family therapy.

5.2 Hopes for your future as a family therapist.

5.3 Recommendations you would like to make for practitioners considering participation in the field of family therapy at Family Life Centre.

5.4 Recommendations you would like to make to Family Life Centre with regard to the practice of family therapy.

5.5 Any further comments: