

## Call for research participants

**Research title: The stigma of psychotherapy: Clients' accounts**



Have you attended psychotherapy despite feeling that there is a stigma surrounding it? If so, it would be great to hear your story.

Stigma is often considered the main reason that stops people attending psychotherapy, yet there are many people who do attend. This research aims to better understand different attitudes towards psychotherapy and how the stigma that surrounds it can be reduced, both in and outside the therapy room.

My research is focusing on how the stigma of psychotherapy is experienced before, during and after attending psychotherapy.

The criteria to be included in the research are that:

- You have attended psychotherapy and feel there is a stigma surrounding it
- You have finished working with your therapist within the last 6 months
- You participated in at least 12 sessions of psychotherapy on a weekly basis
- You are willing to talk freely about your experience of stigma and psychotherapy

**If you would like to take part or for more information please contact Richard Webster:**

**[richard.webster@metanoia.ac.uk](mailto:richard.webster@metanoia.ac.uk)**

**The research supervisor is Dr Camilla Stack: [camillastack@gmail.com](mailto:camillastack@gmail.com)**