

AUTHENTICITY IN ACTION

Licensed Humanistic & Existential Therapists Needed for Doctoral Research Study

You are invited to participate in a qualitative doctoral research study exploring how humanistic-oriented therapists develop and intentionally use their “Self” (authenticity, presence, empathy, self-awareness, and lived experience) within the therapeutic relationship, and how these factors may contribute to long-term client outcomes.

Purpose of the Study: The purpose of the study is to explore the lived experiences of humanistic and existential-oriented therapists regarding the development and intentional use of the therapist’s Self in clinical practice.

Eligibility Criteria:

You may be eligible to participate if you:

- **Are a licensed therapist (Psychologist, LMFT, LCSW, LPCC, or equivalent)**
- **Over the age of 18**
- **Identify with humanistic, existential, and/or person-centered approaches**
- **Have a minimum of three (3) years of post-licensure clinical experience**
- **Currently practicing within the United States**

What Participation Involves:

One confidential, semi-structured interview (approximately 50-90 minutes) will be conducted via secure video conferencing (Zoom) and will be audio-recorded for transcription and research purposes.

Voluntary Participation: Participation in this study is entirely voluntary. Participants may decline to answer any question and may withdraw from the study at any time without penalty.

Confidentiality: All data will be kept strictly confidential. Identifying information will be removed and replaced with pseudonyms in transcripts and any future publications. All audio recordings, transcripts, and research materials will be stored on a password-protected, encrypted device accessible only to the researcher.

Risks and Benefits: This study involves minimal risk. While there is no direct compensation, participants may benefit from professional reflection on their therapeutic identity, development, and use of Self in clinical practice.

Institutional Affiliation: This research is being conducted as part of a doctoral project at California Southern University.

IRB Status: This study will be submitted to the California Southern University Institutional Review Board (IRB) for review and approval prior to participant recruitment and data collection.

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