

## **Lay Counselors for IDPs Project.**

Dear Participant,

You are being to be a participant in a study. Two different approaches to reducing symptoms of traumatic stress will be explored in two different groups. The approach that will be introduced in your group is intended to gather information about the use of a technique called Thought Field Therapy (TFT) which could potentially decrease your symptoms of traumatic stress such as symptoms such as anxiety, depression, or anger. At the study's finish, if the improvement in one group significantly surpasses the improvement in the other group, you will be given the opportunity to be treated with a more effective treatment after the study is ended.

The study will take place in three days. In your group, you will be asked to think of a memory or a situation that might be troubling; something you would like to feel less depressed, nervous about or angry about, for example. Your counselor will ask you to tell her how much this problem is bothering you on a scale of 0 to 10, 10 being the most upsetting. She will allow you to talk about, or not talk about, the problem that is troubling you. She will ask you to tap on specific relaxation points on your face and hands and side, in a specific order while thinking about the problem you are addressing. This exercise will take as short or as long a time as you need.

Your counselor will have been trained in the tapping intervention by Dr. Pegah Seidi from Garmian University, and Suzanne Connolly, a licensed Clinical Social Worker. Both of these trainers are experienced in assisting others to reduce symptoms of traumatic stress.

You and the other participants will be assessed on three occasions by graduate students from Garmian University. The first assessment will take place on July 8-10, prior to beginning your treatment for symptoms of traumatic stress. The second will take place shortly after your treatments on July 15-17. The third assessment will take place three months later on August 15-17. During the assessments you will be asked to answer questions having to do with your general health and also about any symptoms of traumatic stress you are experiencing. The assessors will not have access to your name, only your assigned number. No one else at the University or anywhere will ever see your questions and answers. Only a statistician will be seeing your questions and answers, but she will not have access to your name, only your assigned number.

You will be able to withdraw from participating in this study at any time without needing to give a reason. To withdraw from the study, you will simply need to notify Dr. Pegah Seidi at 07707769097. She will have you fill out a form with which to do this.

The possible benefits to you as a result of participating in this study may be a reduction in stress, and improved general health. The risks might be that you may think about difficult things while doing the TFT exercise or during the assessment and temporarily feel some emotional upset.

By signing this form and completing the information below, you are consenting to take part in this study.

\_\_\_\_\_  
Printed Name:

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Signature:

Your contact information.

\*Phone: \_\_\_\_\_

\*Email: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*Note: This information will be kept in locked file cabinet at university and seen only by Dr. Pegah Seidi