2023 Research Participant

Informed Consent to Treatment

**Focus:** Relationships throughout life can cause some degree of stress or trauma. This is a research study to treat adults 21 or older using the Comprehensive Relationship Protocol-group integrative Bowen and EMDR (iBE) Therapy focused on one of three issues: distance, triangling, or overfunctioning/underfunctioning reciprocity (codependency). It will assist the participant to clear the distress of past and present memories of interactional distance, triangling or verfunctioning/underfunctioning reciprocity (codependency) and to learn to replace old patterns with new strategies and skills for healthier attitudes and behaviors.

**What do you experience?** All participants receive a component of the Comprehensive Relationship Protocol, depending on which focus they choose. The therapy is offered in a two-day intensive group therapy format. Please see introductory email for schedule.

**Name of Principal Investigator:**

Dana Elken Terrell, LCSW, EAC

This document is to certify that I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby freely agree

Please Print Name

to participate as a volunteer in a research study under the supervision of Dana Elken Terrell.

* **History:** EMDR is a research validated treatment for trauma. The World Health Organization lists it as one of two recommended treatments for PTSD, based on the research. This EMDR-IGTP (EMDR Integrative Group Treatment Protocol) and the expansion of it, called the Ongoing Traumatic Stress (OTS) protocol has many published research studies demonstrating its value. Dana Terrell has practiced her method of integrating Bowen family systems theory for emotional maturity with EMDR-IGTP therapy since 2015. In the past year she has adapted iBE to include the OTS protocol because it addresses the truth that we face disturbing relationship patterns throughout our life, and thus we need a little more opportunity to process experiences on this theme than her previous approach offered.
* The purpose of this research project has been fully explained to me and I understand that I will be asked to complete the following:
  + **1)** an Intro Survey to be sure this group experience is appropriate for me at this time. *If I have no red flags making group treatment inadvisable at this time*, I will also complete Set 1 of the Assessments. All assessment forms are found at ibetherapy.com/about-3
  + **2)** I will answer all surveys/questionnaires frankly to the best of my ability.
  + **3)** I will participate in three days of either the Research Group Condition or the Control Group Condition, according to random assignment, per the schedule printed on the Registration Form which I have already submitted.
  + **4)** I will complete Set 2 of the follow-up forms within 24 hours of the completion of my iBE group on October 15, 2022.
  + **5)** I will complete Set 3 of the follow-up forms within 48 hours of November 15, 2022.
* I understand I may have uncomfortable feelings related to experiences in my past, present, or my concerns for the future connected to the topic of conflict in relationships. Previous participants have shared that they were sometimes surprised and even scared of the intensity of the feelings that came up in EMDR therapy. However, by staying with the process they could observe that the distress tended to decrease with the EMDR processing methods. Thus, they began to trust that they could handle intense distress for 1-2 minutes at a time.
* I have been given the opportunity to ask questions, and all such questions and inquiries have been answered to my satisfaction by Dana Elken Terrell. NOTE: Dana will be on vacation overseas from August 30 to September 21. Please reach out before or after those dates.
* I understand that I am free to decline to answer any specific items or questions in interviews or questionnaires. However, complete responses will increase the value of the research. Please contact Dana Terrell if you cannot answer a question.
* I understand that all data on assessment forms will remain confidential with regard to my identity by using the last 5 digits of my driver’s license number instead of my name. **PLEASE, be sure to post accurately the 5 digits in the space designated in each form.** When I click on the SUBMIT button at the end of each form, I understand my results will be stored in my record digitally.
* I understand that, in the unlikely event of any physical or mental injury resulting from this investigation, the principal investigator and Comprehensive Therapy Approach, Inc. and First Lutheran Church are not responsible for any financial compensation or medical treatment for such physical or mental injury. I understand that if my distress is above a 5 out of 10 at the close of a research day, my EPT member or Dana Terrell will spend individual time with me to help me reduce the distress level.
* I certify that to the best of my knowledge, I have no physical or mental illness beyond anxiety or depression, or other weakness that would increase risk during participation in this investigation.
* I understand that participation in this research project is voluntary.
* I understand that I will not receive any compensation for my participation in this study, but that I will be receiving therapy that is generally offered at $50 per hour of group. And I will have the satisfaction of contributing to the welfare of all healthcare workers who struggle with conflict in any kind of relationship.
* I understand that the approximate length of time required for participation in this research pilot is ten hours, plus or minus 30 minutes.
* I understand I am in a pilot research study, and that my input is very important to the future of the protocol best serving other adults. I will be given an opportunity to rate the 7 Performance Enhancement components of the protocol to choose the 6 most useful PE experiences.
* ADDITIONALLY, I will set aside the time necessary to complete online forms: my Registration, Intro Survey, and Assessments for Set 1, Set 2 and Set 3. **I understand that I need to arrange my circumstances to be free from distractions to give the most accurate responses**. I understand that completing each set of questionnaires might take up to 30-45 minutes for most people. For 3 occasions of paperwork, the total time could be over two hours. Thus, the total time expected for the research control group participants may be approximately 9 hours. And the total time for Research group participants may be over 12.5 hours.
  + The questionnaires I will complete three times include the following items:
    - HADS (Hospital Anxiety and Depression Survey)
    - Differentiation of Self Inventory
    - PCL-5
    - SPRINT
* I UNDERSTAND THAT I AM FREE TO DISCONTINUE MY PARTICIPATION AT ANY TIME.
* I give my consent to use my personal data, without reference to my name, for the research report of this research study as intended for publication.
* I understand that if I have any questions concerning the purpose or the procedures associated with this research project, at any time along the way I may contact:

Dana Elken Terrell, (619) 283-5665 or [danaterrell.lcsw@gmail.com](mailto:danaterrell.lcsw@gmail.com).

I have read all of the above and agree to all of the above terms of participation. *I will email this form to* **danaterrell.lcsw@gmail.com***.*

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Signature Date

**Update on 2023 Covid and Dana’s Covid Protocol for iBE-CRP Research**

*Please read this updated notice and protocol. Sign below if you are in agreement, and email to Dana.*

Though people still get Covid, their cases are usually milder than in the past. The danger is less, but still people are getting long Covid and still, people are dying. The New York Times on May 11, 2023 reported that in the US, “Covid still takes the lives of thousands every week.”

Of the 6 people I know who got Covid since March, including myself for the first time, 2 are still coping with long Covid. Recent research published about long Covid reports that people most prone to long COVID are those who are not fully vaccinated and those who have had repeated cases of Covid. I know one elder woman who fulfilled the first characteristic, but not the second. She needed hospitalization and dealt with long Covid fatigue for some months.

In view of this overall improved picture and the fact that a high percentage of our county is vaccinated, yet risk continues, I am adjusting the Covid protocol for research on my patio.

Dana understand that rare individuals cannot be vaccinated due to having strong reactions to vaccinations, and yet feel a need for the iBE protocol. Dana have a friend/healthcare provider who has had dangerous reactions to vaccines. She has not gotten Covid once, but takes many steps to boost her immune system. Also, every hour, she sprays colloidal silver in her nostrils and throat. She’s traveled a lot and has seen clients indoors throughout the pandemic, and remains Covid -free.

Thus, Dana is making the policy more flexible, and has allowed a non-vaccinated person to enroll for the study. **This is the strategy for accommodating people with differing preferences:**

*Group wanting more caution:*

I will offer one table for those who wish to be masked and distanced from unvaccinated individuals.

*Group comfortable with less caution:*

I will offer one table six feet away for those who are comfortable without masks. I ask those who are not vaccinated to share their vaccine status so that the cautious people will be able to consciously distance as they feel the need. My signature below confirms that if I am not vaccinated, I will disclose that status at the beginning of the intensive workshop.

*Dana’s practice:*

Dana has adopted the colloidal silver spray method *instead* of masking as reliably as she did in the past. However, if anyone requests her to mask while near them, she will. Since it is hard to be heard by all through a mask, while speaking to the whole group, she’ll be distanced and unmasked while guiding the therapy.

We will be sitting in a covered patio with abundant ventilation. *While going inside for bathroom breaks, please wear a mask to protect all*. So far, no one has gotten Covid here, and we want that happy result of careful practices to continue.

My signature below indicates I understand and agree to this Covid Protocol:

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Printed name/Date Signature