

## **ABSTRACT**

This research aims to communicate the struggle of a person centred trainee psychotherapist when faced with an ethical dilemma in securing consent for case study research. It seeks to engage the trainee population and to build comradery between those facing a similar struggle. The research is designed to initiate a conversation about the support and guidance that is currently available for trainees conducting case study research within placement settings.

The report begins with a literature review outlining current ethical thinking in psychotherapy, which includes a discussion of the relevance of contemporary approaches to ethics to seeking informed consent for research.

The autoethnographic method is adopted and a retrospect account of personal experience is given.

The research was successful in initiating a conversation about the adequacy of guidance in in the placement setting in which the work took place. It has resulted in changes to policy, procedure, and trainee support.

A number of developmental aims are also attached to the research, including the trainee gaining confidence in her own voice and valuing her subjective experience as a source of knowledge creation. These are met through the narrative account.

## **INTRODUCTION**

Case study research requires ethical decision-making. The route to ethical action in research is complex and often requires the reconciliation of completing ethical principles, personal values, and organizational priorities. Despite an abundance of guidance on research ethics, the researcher experience of making an ethical decision is rarely represented. This research aims to capture my struggle as a person centred trainee psychotherapist when faced with an