

Informed Consent (Client Version)
AEDP Psychotherapy Process and Outcome Research
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The principal researcher in collaboration with AEDP Institute is conducting an empirical research into AEDP therapy in order to deepen understanding of how therapeutic change occurs. We will be collecting data on the process and outcome of AEDP therapy. We would like to invite you to participate in this endeavor, as a client, and we will be grateful and honored if you accept and agree to do so. If you decided not to participate, there is no negative consequence. This research is a collaborate project between Shigeru Iwakabe, a professor at Ritsumeikan University, Osaka, Japan and AEDP Institute. This data will be used by researchers approved by the AEDP Institute to conduct a series of studies examining different aspects of process and outcome of AEDP.

1. The goals of the study and its importance

The main goal of this study is to understand how therapeutic change occurs in AEDP. We would like to find out how people who come into therapy change and what therapists do to facilitate such change. We will analyze videotaped sessions to describe effective patterns of interactions and in-session behaviors. We will also analyze the data gathered from various questionnaires to examine to what extent change occurred over the course of the therapy and how that change is maintained afterwards.

2. What you will be asked to do during the study and duration of research participation

You will be asked to fill out questionnaires that seek to assess various aspects of your psychological experience before you start therapy, which will take 60 minutes. The test result will be used to evaluate whether you are eligible for the research participation. Your therapist will inform you the result. Please note that the result may show that you are not eligible for the research study at this point. If you are not eligible, you may start a paid therapy with the therapist or the therapist can refer to you an appropriate service. If you are eligible, you will sign the following consent form and will start therapy.

You will have 16 sessions of psychotherapy. After sessions 1 through 16, you will be asked to fill out questionnaires that ask your impression of the therapy session and also about your current condition. These questionnaires are short and will require about 10 to 15 minutes each. You also will be asked to be asked to fill out the same set of

questionnaires which you filled out before the treatment at termination, 6-month and 12-month follow-up. It takes about 60 minutes to fill out all the questionnaires. You also will be asked to be interviewed following the termination of therapy about your experience in therapy. The interview will be about 60 minutes and will be conducted by one of the researchers online.

3. Clients who are eligible to participate in this study

We are inviting those adults who seek individual psychotherapy with AEDP therapists. Clients need to be over 21-year-old, no thought disorder (e.g., schizophrenia, paranoid disorder), no impulse problems, substance dependence, not in a crisis situation. If they are under the care of a psychiatrist or physician, need to check if their participation may conflict with other medical treatments. In addition, you will need to have problems that are at clinical level.

4. Withdrawing from the study:

You may stop participating in the study at any time, for any reason, if you so decide. Your decision to stop participating, or to refuse to answer particular questions, will not affect your relationship with researchers, the AEDP Institute, or any other parties associated with this project. In the event that you withdraw from the study, you will be immediately able to terminate your participation. If you so request in writing to the AEDP Research team (siwakabe@fc.ritsumei.ac.jp), all associated data collected up to that point will be immediately destroyed whenever possible. In the event of your discontinuing the therapy, we will be available to consult with you about potential referrals.

5. Benefits of the research and benefits to you:

Your contribution to the data will help us understand how AEDP works to produce its therapeutic effects. By establishing empirical support for AEDP, we will be able to provide wider options for psychotherapy to the public. Your contribution will be invaluable to us.

Participation in this research may benefit you in a few ways. First, you will get the results of questionnaires that provide objective indexes of your improvement: you will be able to see your areas of relative strength and weakness. Second, by filling out questionnaires periodically after sessions, you will have time to reflect about the progress of therapy, which could help you to put your therapy experience into perspective. Post-treatment interview is also a great opportunity for you to reflect on your experience and consolidate your learning.

6. Costs, discomforts and risks of participating

One of the most important ethics for research is *nonmaleficence*, which means that we do our best not to harm our participants. In this study, the researchers and your therapist will be aware of this ethical principle throughout the research process. Therapy may evoke strong, sometimes painful emotions. You will be asked to fill out outcome questionnaires before and after treatment as well as at two follow-ups that would take approximately 50 minutes. You will also be asked to fill out post-session questionnaires after every session for 10 to 15 minutes. They are both important to examine the outcome of therapy and also monitor therapeutic progress. However, you may feel that they take too much time or that questionnaire items are repetitive. Sometimes, after these sessions, you may not feel like filling out questionnaires, even though they are short. Sometime, some people may experience these questionnaires as invasive. You may also worry about your privacy being less protected as you speak to your therapist, though we take your privacy seriously and have taken the precautions noted above to protect your privacy throughout the study.

If you experience any of these discomforts, please feel free to address them either with your therapist, and/or the research team who you can contact by e-mail at (siwakabe@fc.ritsumei.ac.jp).

7. Dissemination

The findings from this study might be presented at professional conferences, and/or eventually reported in professional publications. The confidentiality of participants will be protected so that they cannot be identified. Dissemination will be proceeded according to the ethical and publication guidelines of professional and academic associations that we the researchers belong and treat confidential information accordingly.

This research project includes video recording each of therapy sessions that is part of the study. If you permit, then we would like to use videotaped sessions in our professional and academic presentations. Only psychotherapy researchers, mental health professionals associated with the AEDP Research Project and, in rare cases, attendees at professional conferences where the research is presented, will view session videos. The attendees are required to follow the same confidentiality rules as in clinical practice. If any attendees recognize the person on the video, they are asked to leave the room. They are also asked to provide a written consent form for confidentiality. We shall not show videos to non-professionals.

We will inform you about findings from the study. Please let me us know if you would like us to keep you informed.

8. Privacy and how the data will be managed

Identifying information for the clients (e.g., names of persons, names of places, organizational names) will be removed from written and printed data used for the data analysis. Your initial and your therapist's last name will be used in your user names and will remain attached to the data. Only psychotherapy researchers, mental health professionals associated with the AEDP Research Project and attendees at professional conferences where the research might be presented will have access to the research materials. The recorded materials and all data will be transported in a reliable and secure way and stored safely. The data will be stored until the completion of all studies.

This research project includes video recording each of therapy sessions that is part of the study. Videotaped sessions will be viewed for research purposes and if you permit, they will be viewed in our professional and academic presentations by psychotherapy researchers, mental health professionals associated with the AEDP Research Project and, attendees at professional conferences where the research is presented. The attendees are required to follow the same confidentiality rules as in clinical practice. If any attendees recognize the person on the video, they are asked to leave the room. They are also asked to provide a written consent form for confidentiality.

9. Grant and Financial Support

This work was supported by Japan Society for the Promotion of Science KAKENHI Grants JP22K03119 given to Shigeru Iwakabe.

10. Conflict of Interest

We have no conflict of interest to report. However, findings may indirectly contribute to the recognition of AEDP and its institute.

11. Researchers and Contact Information

Principal Researcher	Shigeru Iwakabe (Ritsumeikan University, Professor)
Co-Investigators	Diana Fosha (AEDP Institute, Director) Jenn Edlin (AEDP Institute, Senior Faculty) Andrew Joseph (AEDP Institute, Therapist)

Research Assistants	Graduate students at Ochanomizu University, Tokyo, Japan Graduate students at Ritsumeikan University, Osaka, Japan
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If you have any inquiries about the research, please feel free to contact the principal researcher.

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If there is any ethical conflicts or issues that you experience, please contact the research office at Ritsumeikan University <email: k-rinri@st.ritsumei.ac.jp>.

Client- Informed Consent for Research Participation

I was informed with the goals and tasks involved in the research, "AEDP Psychotherapy Process and Outcome Research". I have understood the nature of this project and wish to participate. I am not waiving any of my legal rights by signing this form. My signature below indicates my consent.

I consent to participate in the study of AEDP Psychotherapy Process and Outcome Research conducted by the AEDP Institute in conjunction with researchers approved by the AEDP Institute.

In exchange for participating in AEDP research and receiving treatment at a reduced fee (please initial both of the below):

___ I agree to complete 4 questionnaires: 1) **before I start therapy**, 2) **at the end of treatment**, 3) **6 months post termination** and 4) **12 months post termination**. I understand that it takes about 45 minutes to 60 minutes to fill out each of these questionnaires.

___ I agree to complete questionnaires **after each one of the 16 sessions** that ask for my impression of the therapy session and also about my current condition. I also agree to fill out one questionnaire **prior to the 3rd session**. I understand that these questionnaires will require about 15 minutes each.

Videorecording

I further consent to allow the investigators to use video-recorded session tapes for (please check all the boxes that apply):

- Research Study only
- Research Study & Academic and Professional Conferences and Trainings

Report of Research Findings

- I would like to be informed about research findings

Method of report

- E-mail: _____
- Snail mail: _____

Signature: _____ Date: _____

Participating Client (Print Name): _____ Therapist's Name: _____

Signature: _____ Date: _____
Professor Shigeru Iwakabe
Dept of Psychology, Ritsumeikan University

Sign and return to aedp.research.consent@gmail.com ONLY if you are withdrawing from the study.

Client - Withdrawal from the Study

I have understood the nature of this project, AEDP Psychotherapy Process and Outcome Research and consented to participate. However, I decided to withdraw my consent.

Signature: _____

Date: _____

Print Name: _____

Therapist's Name: _____

Please check either option.

I consent to have my data used in the study.

I wish to have my data deleted from the study.

(Note: If findings have been already published or your data is anonymized, portions of the data may not be deleted).

Sign and return to aedp.research.consent@gmail.com ONLY if you are withdrawing from the study.