

## Are you a counsellor who qualified in the last 1-5 years? Does your background include experience(s) of parentification?

Parentification describes a role-reversal between parents and children, where children assume adult responsibilities to meet their parents' needs.

To maintain 'normal' family functioning, they may act as a confidant/ mediator, or handle more practical tasks like cooking, childcare, or housework.

### The aim of this dissertation project:

To explore how qualified counsellors who were parentified in childhood reflect on their experiences of **clinical supervision** during their counselling training.

*Although you are welcome to bring multiple experiences of 1:1 clinical supervision, you must have worked with at least one supervisor for a minimum of six consecutive months during this time.*

### Participation includes:

#### 10-minute screening call + 60-minute semi-structured interview

After you apply, you'll receive the Information Sheet and Consent Form. Once signed, we'll have a brief call lasting no longer than 10 minutes to gather contact info and confirm our understandings of parentification align. Participants will be selected on a first-come, first-served basis if they meet the screening criteria.

The interview will be recorded:

audio-only for in-person meetings in Hartley Wintney, Hampshire,  
audio + video for online via Teams/Zoom.

They will then be transcribed with all identifying details anonymised or removed.

**If interested, please email me at:**  
**[giabird@waverleyabbeycollege.ac.uk](mailto:giabird@waverleyabbeycollege.ac.uk)**

Gia Bird, MA Counselling, Waverley Abbey College (WAC).  
I am an MA Counselling student in my final year at Waverley Abbey College.  
I will receive academic supervision by Gill Harvey throughout the duration of this project, after gaining ethical approval from the WAC Research Ethics Committee.

