



## **Integrative Therapeutic Parenting Intervention for Newly Single Mothers Following Divorce or Separation.**

### **RESEARCHER:**

Antonina Gabov – Provisional Play Therapist

### **SUPERVISORS:**

Prof Douglas Paton, Josephine Martin (Charles Darwin University)

### **PURPOSE OF THE PROJECT:**

You are invited to take part in Parent Child Relationship Therapy weekday that will be conducted over 2 consecutive weeks. You would allow for this project to compare the traditional Filial therapy parenting approach with the same approach integrated with Mindfulness practice. The research will be used to determine if there is evidence to suggest that Mindfulness Enhanced Filial Therapy is more effective than Filial therapy alone. By using interviews to collect the information used in the study, the research will provide opportunities for mothers like you to give voice to the issues that are important when undergoing challenging experiences such as going through divorce or separation. This study will provide valuable information for Child and Family Therapists who will be able to use the findings to ensure that the therapies offered to mothers and families are developed in ways that ensure the best possible outcomes for mothers, children and families.

### **BENEFITS OF THE STUDY:**

This study will help in promoting best rehabilitation interventions to those professionals who work with families of young children and advocate to wider public the importance of supporting newly single mothers and their children. The therapeutic intervention used in the project will help mothers and their children experiencing challenging events; making the outcomes of this project highly beneficial to families in circumstances like those you are facing.

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## HOW CAN YOU PARTICIPATE?

If you are a mother of child/children aged 3-9-year-old, who is not currently receiving treatment for depression or other mental condition, who is also going or just gone through divorce or separation you are eligible to participate in this research.

### WHAT WOULD BE EXPECTED OF YOU:

- You would be invited to attend an initial private introduction meeting with the researcher. In this meeting the project will be explained to you in detail and any questions you have will be answered
- You will be invited to answer questions regarding your views on your situation and the relationship with your child during that meeting, that will be deidentified
- You will be invited to sign participatory and confidentiality agreements and
- You will be randomly assigned to one of the two groups introduced in the “Purpose of the Study” section - see above.

Your allocation into one of the **two groups of 6-8 mothers** will be accomplished by randomly assigning you to one of these groups. One group will be provided with structured Child Parent Relationship Therapy. The other group will be provided with a combination of structured Child Parent Relationship Therapy and Mindfulness exercises. Tea, coffee and biscuits will be provided at each session.

- The sessions will be organised at a time when your children are at school or kindergarten and scheduled **mornings on week-days**
- The sessions will comprise of **every weekday - 2 or 2.5 - hour morning sessions for 2 consecutive weeks as part of a group**
- After the last session you will be invited to participate in a final private discussion with the researcher at a suitable time for you.
- The results of the study will be available through the Psychology website. You will be offered the option of the results being emailed to you and/or being contacted at a later date to discuss the results of the project.

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### CONFIDENTIALITY:

Full confidentiality of your personal and situational details will be upheld by the researcher. No personal or identifiable information will be included in the thesis or any subsequent report or publication. Hence, your anonymity will be assured. Your name and contact details will be electronically stored under code protection by the researcher and deleted at the end of the project. Interviews are going to be unidentifiable further protecting each participant's privacy and confidentiality. To comply with ethics regulations, your anonymous data will be stored in a password-protected computer for five years.

### DISCOMFORTS/RISKS:

As this project involves group facilitation and your privacy may be at risk due to a possibility of other participant/s knowing you personally, as well as the risk of sharing personal information within the group. You will be advised to use a nick name and carefully consider what personal information you would share with the group. There will be an audio recording of one-on-one discussions before and after the intervention which will be erased after the final transcription of the data. Also, as this project is designed to provide therapeutic environment to all participants sharing similar agenda and struggles it may elicit those emotions which could cause some temporary discomfort, but it is expected during this therapy to experience positive emotions most of the time. You will be advised before each activity that you hold the right to choose not to participate in the case where you are experiencing a negative emotion or is feeling uncomfortable or to call a Lifeline on 131114 for counselling and support.

### YOUR PARTICIPATION:

Your participation in this study will be received with my immense gratitude, but you are free to refuse to participate. Even if you do decide to participate, you may withdraw from the research at any time and you can request that your data be removed from the study. Your wishes will be respected whether you refuse to participate or withdraw from the project and this will not affect any future involvement you may have with the researcher or Charles Darwin University.

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## RESULTS OF THE STUDY

Participants will be invited to attend a meeting to discuss the outcomes and findings of the research and to answer any questions about the research and the therapies used. The final document in the non-technical language summarising the results of the study (with the link to the paper if it is published) will be posted to each participant sometime during 2019.

## PERSONS TO CONTACT

If you have any questions about the project, please contact the researcher, Antonina Gabov on 0417151031, [antonina.gabov@students.cdu.edu.au](mailto:antonina.gabov@students.cdu.edu.au) or supervisors Prof Douglas Paton on 0434336528 and Josephine Martin on 0411118620. If there is an emergency or if you have any concerns before commencement, during or after the completion of the project or have any questions or concerns that you do not want to direct to the researchers, you are invited to contact the Ethics team of the Charles Darwin University Human Research Ethics Committee on the toll-free number, 1800 466 215 or by emailing to [ethics@cdu.edu.au](mailto:ethics@cdu.edu.au).

## ETHICAL CONSIDERATIONS

This project has obtained the ethics approval from Human Recourses Ethics Committee, Charles Darwin University with Reference Number - H18111.

Thank you for dedicating your time to read this statement and considering its content.

***This information sheet is yours to keep***

*Human Research Ethics Committee*



**CONSENT FORM**

**Your right to say 'Yes' or 'No'**

**Topic: Integrative Therapeutic Parenting Intervention  
for Newly Single Mothers  
Following Divorce or Separation.**

I \_\_\_\_\_ as an  
agreed participant of a group therapy project

1. Have been explained, had the opportunity to ask questions and understand the nature of the project and what is expected of me
2. Aware of benefits and risks of the project
3. Agree to participate voluntary and attend 2-week group therapy where I'll be randomly assigned to one of two groups of 6-8 mothers each
4. Agree to answer proposed questions fully, truthfully and to my best ability
5. Agree that the researcher will keep my name and contact details on her mobile device protected by a pin-code until the end of the project and understand that all other information that I'm giving is deidentified to further protect my privacy
6. Understand that I can withdraw my participation at any time during the project
7. Respect confidentiality of other participants to my best ability
8. Understand that if there are problems with the participant or the researcher, I will address the concerns with the researcher, supervisors or Charles Darwin University.

Do you wish to be contacted and informed of the results of the project? Yes \_\_\_ No \_\_\_

\_\_\_\_\_  
signed

\_\_\_\_\_  
date

\_\_\_\_\_  
Researchers Name

\_\_\_\_\_  
date

\_\_\_\_\_  
signed