

Invitation Letter for Participation in Research

Dear colleague,

This is an invitation to participate in research. We, Selen Eltan, a doctoral student in Clinical Psychology and a guest researcher at Stockholm University, and Stephan Hau, professor for clinical psychology at the Department of Psychology at Stockholm University, are reaching out to provide you with information about our research and to seek potential participants.

The title of the project is "Cumulative Trauma and the Professional Quality of Life of Psychotherapists: Mediating Factors in Coping, Empathy, Social Support, and Mindfulness", and it is a part of the doctoral thesis of Selen Eltan. Ethical approval for the project was obtained in Sweden on March 27, 2024 (DNR: 2024-01227-01).

The research aims to investigate the professional quality of life of psychotherapists. For this purpose, we are conducting an online survey to which psychotherapists or training psychotherapist are invited to participate anonymously. The survey is expected to be filled out only once. Through this study, we want to examine psychotherapists' quality of life based on their experiences of trauma, social support, coping strategies, empathy, and mindfulness skills. This study has also been conducted with a sample of psychotherapists in Turkey. With the data collected from both countries, we will conduct cross-cultural comparisons and Selen will present the findings in her doctoral thesis.

We would greatly appreciate your participation in our survey and your assistance in sharing the online survey link, as well as the advertising material for the project, with your psychotherapist colleagues.

Survey link:

https://qualtricsxmdn7myys4y.qualtrics.com/jfe/form/SV_0eMWhhZICbwvW6



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Your invaluable contributions would greatly enhance this project. Thank you sincerely for considering our request.

Kindest regards,

A handwritten signature in blue ink, appearing to read 'S. Eltan'.

Selen Eltan

Stephan Hau

Signature page

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