

Appendix B
Group-1 Consent to take part in Lay Counselor IDP Project

Dear Lay Counselor,

By signing this form, you are consenting to take part in the Lay Counselor- IDP Project. You attest to having been trained to deliver an intervention known as Thought Field Therapy (TFT).

This study is intended to gather information about reducing symptoms of traumatic stress in women living in IDP camps. The women living in this camp have volunteered and have signed consent forms to receive the TFT interventions you will be providing.

In your group you will be meeting on a one-on-one basis with participants. You will be asking them to think of something that might be troubling them; something they would like to feel less depressed, anxious, angry, or upset about. They WILL NOT be required to talk about troublesome feelings or memory, but they can talk about what is troubling them if they choose to. You will ask the participant you are working with to tap on specific relaxation points (acu-points on their face, hands and while thinking about their problem.

You can spend as much time with your client as they want and need on the treatment days. You will be given a form to note participants assigned number, time spent, problem worked on (anxiety, depression, anger, etc.) and their subjective units of discomfort (SUD) before and after their TFT intervention. The participants' trauma symptoms and general health will be assessed by University of Garmian graduate students, before their TFT treatments, one week after their TFT treatments, and three months following their treatments.

The participants will be able to withdraw from taking part in this study at any time without needing to give a reason. To withdraw from the study, the participant will simply need to let Dr. Pegah Seidi know by contacting her at XXXXX.

We do not expect any adverse effects to occur as the result of taking part in this study. However, if there are any adverse reactions as a result of taking part in the study, you will be given a form with which to record any adverse experiences a participant might report, and you will report this to Dr. Seidi.

The risks to women taking part in this study include, remembering present or past experiences that might make them feel sad or unhappy during the assessments or interventions. The benefits to women taking part in this study, are that they may experience diminished symptoms of trauma and general health benefits.

Lay counselor's printed name

Lay counselor's signature

Date