

## Consent Form

for consent to publish personal information in Reformulation

To be completed by the author:

Title of paper: .....

Name of person described: .....

The author and service user need to decide the most appropriate individual consent form to be completed: version 1 or version 2, based on the service user's level of understanding. (For example version 2 may be more appropriate for an individual with a learning disability).

### Individual's consent (version 1)

- I give my consent for personal material to appear in Reformulation. I understand and agree that once published into the public domain the materials may be beyond the control of ACAT and myself as defined in the Data Protection Act 2018.
- I have been offered the chance to read the material to be published.
- I understand that my name will be changed and every attempt will be made to ensure my anonymity.
- The material will be published in Reformulation which is sent out to Cognitive Analytic Therapists, but may also be seen by non-therapists.
- The article may also be placed on the ACAT website.
- The material will not be used for marketing purposes.
- I may be able to withdraw consent before the material has been published and I understand that once the material has been published it will no longer be possible to withdraw consent.

Signed .....

Dated .....

## Individual's consent (version 2)

- I would like to write about the work that we did together.
- I would like it to be published in a journal (magazine).
  - I think people would be interested to hear about how Cognitive Analytic Therapy (CAT) was used with someone who has the kinds of problems that you have.
  - This may help other people with these kinds of problems, as other therapists may decide to use CAT therapy with their clients.
  - Your real name would NOT be used in the journal article.
  - Any information about you would NOT be used. Therefore people could not guess who you are.
  - I would like to use your diagram in the article. Your name would not be on the diagram.
  - You could read the journal article if you would like to.
  - You can say "No" before the paper has been published.
  - Even if you say 'yes' now, you could say 'no' later on, before it is published.
  - If you say "Yes", once the information is published you will not be able to change your mind.
  - Information shared and available in print cannot be taken back, changed or removed.

Will you let me write about the work we did together?    YES    NO

Signed .....

Dated .....