



Eligibility or Criteria for Participant Selection

1. Criterion for sampling participants who have been diagnosed with some form of Autism and have received some form of psychotherapy/counselling before.

- You have received a form of psychotherapy/counselling or other type of mental health therapeutic support at some stage, which has been completed at least 1 year ago. Your counselling/psychotherapy or other type of therapeutic support may range from the various forms of counselling/psychotherapy but may be another therapy.
- Your referral for counselling/psychotherapy was not based on issues around serious risk/harm i.e . Serious risk/harm is defined as a want to seriously harm yourself or others.
- You have received at some stage in your life a diagnosis of Autism or Asperger's Syndrome.
- If you suspect that you have a form of autism or autistic traits but you do not have a formal diagnosis of autism, you are not eligible for this specific research, however you may be eligible for future research. If you would like to participate in future research I can contact you regards this at a later date.

2. Criterion for sampling participants who are Psychotherapists/Counsellors

- You are a professional that has at least 5 years post qualification training.
- A significant part of your professional work has or continues to include working with clients with some form of diagnosed autism.
- You have professional indemnity insurance either as an individual or through your place of work so that you are insured to work with clients.
- You are a qualified counsellor /psychotherapist or other type of mental health therapeutic professional and you are a member of a professional body e.g. BACP; BABCP; IACP, BPS etc.
- You are at present receiving clinical supervision for your therapeutic practice.
- You are not presently under any professional complaint procedure.



3. Criterion for sampling participants who are both Psychotherapists/Counsellors as well as participants who have been diagnosed with some form of Autism or believe that they may have some form of autism or traits of autism.

- Participants meet criteria from criterion 2 as well as the following below.
- You have received at some stage in your life a diagnosis of Autism or Asperger's Syndrome.
- If you suspect that you have a form of autism or autistic traits but you do not have a formal diagnosis of autism, you may also take part in this study under criterion 2.

4. Criterion for sampling participants who are both Psychotherapists/Counsellors as well as participants who have been diagnosed with some form of Autism; and have received some form of psychotherapy/counselling before.

- You meet all the criteria for Criterion 2
- You have received a form of psychotherapy/counselling or other type of mental health therapeutic support at some stage, which has been completed at least 1 year ago. Your counselling/psychotherapy or other type of mental health therapeutic support may range from the various forms of counselling/psychotherapy but may be another therapy.
- Your referral for psychotherapy was not based on issues around serious risk/harm. Serious risk/harm is defined as a want to seriously harm yourself or others.
- You have received at some stage in your life a diagnosis of Autism or Asperger's Syndrome.
If suspect that you have a form of autism or autistic traits but have not been formally diagnosed, you may take part in this research if you have met the criteria for criterion 2.