

## **PARTICIPANT INFORMATION SHEET AND PRIVACY NOTICE**

**Project Title:** Intensive Trauma Treatment for PTSD & Moral Injury

**Invitation:** Northumbria University is researching to understand more about trauma and its treatment. In this study, we are exploring new ways of treating psychological trauma using intensive treatment sessions. Traditionally, treatment sessions have been shorter and spread over weeks, but this new approach involves up to eight hours of treatment each day over several consecutive days. Research shows that an eight-day approach may lead to significant improvements.

There is a difference between post-traumatic stress disorder (PTSD) and moral injury. PTSD results from traumatic events, while moral injury is the emotional and psychological harm caused by actions or events that go against your values or beliefs. Treating one without addressing the other may not be effective, so we aim to treat both PTSD and moral injury together.

**Study Details:** We invite you to join a study where you will participate in an eight-day intensive treatment program that addresses PTSD and moral injury. This program will include group therapy and use two main methods:

- **EMDR (Eye Movement Desensitization and Reprocessing)** and
- **Compassion-focused therapy (combining EMDR and Cognitive Behavioural Therapy or CBT).**

The program will be structured like this:

- Days 1–4: In-person sessions
- Day 5–7: Online sessions (after one month)
- Day 8: In-person session

**Purpose of the Research:** The goal of this study is to explore better ways to treat trauma, especially in individuals like first responders (e.g., police, firefighters, and healthcare workers) who often face situations that can lead to PTSD or moral injury.

**Who is Leading the Research?** The lead researcher for this project is Professor Derek Farrell from Northumbria University. Other partners include the Vermont Centre for Responder Wellness and the Trauma Response Network in Ireland.

**Participation:** If you decide to participate, a research team member will contact you to answer any questions you may have. Throughout the study, you will be asked to complete questionnaires before, during, and after the treatment to help us understand your progress.

**Confidentiality:** All the information you provide will remain confidential and anonymous. Only the research team will have access to your data, and your identity will not be disclosed in any reports or publications from this research.

**Next Steps:** If you are interested in participating or have any questions, please email Professor Derek Farrell at [derek.farrell@northumbria.ac.uk](mailto:derek.farrell@northumbria.ac.uk)  
And Sonny Provetto: [cop2cop@hotmail.com](mailto:cop2cop@hotmail.com)