



Research Information Sheet

Title: A study of bodily impacts on foster/adoptive parents within their attachment relationships with their children who live with preverbal trauma

Researcher: Mioi Forster-Nakayama, a registered dance movement psychotherapist (DTAA No.220-03, PACFA No. 28712)

Background of the Research Project

As a registered dance movement psychotherapist, I experienced working with children with preverbal trauma in my practice. Preverbal trauma (Gaensbauer, 1995; Coates, 2014) is a type of trauma in which children experience neglect and abuse before the age of three inclusive of being in the womb state. I experienced that these children seem to need to go back to a womb-like or preverbal state in a therapeutic space. I am pondering a question such as why these children want to bodily 'regress' to the womb state. This is why I have begun to explore the theme of preverbal trauma and embodiment.

Within the scope of this research project, I am curious to find out what it is like for you as a foster/adoptive parent to experience bodily in your relationships with your children when they come to your home and stay with you.

The Aim of the Research

This research aims to find out how foster/adoptive parents who foster/adopt children with preverbal trauma backgrounds have been experiencing their parenthood *bodily* with their children at home, school, or any other social settings. I aim to bring foster/adoptive parents' lived experiences to a voice and impacts on their bodies into the research field of creative arts psychotherapies. This inquiry will provide the basis for a future field study of fostered / adopted children in a creative therapy session and perhaps influence the provisions of the policy or/and system. This project is funded by [the Hanny Exiner Memorial Foundation](#).

Eligibility for Participating in the Research

- You are a foster parent or adoptive parent.
- Your child has a history of preverbal trauma (trauma that occurs between 0 and 3).
- You fostered/adopted your child(ren) when they were between 3 and 6.
- Your fostered/adoptive child(ren) do(es) not live with their biological parents.

What is involved in the research for participants;

- As a research participant, you will be invited to an in-person interview with me at a prearranged time and place that is convenient to you.
- Before the interview begins, we will go through this information sheet and consent form with you and answer any questions you may have. If you agree to participate, I will ask you to declare your consent verbally and sign the consent form and return it to me.
- We will record a 45-minute interview. The whole duration of the process will last approximately 60 minutes.
- During the interview, you will be prompted to speak about your lived experience as foster/adoptive parents and our focus is bodily felt senses in your fostering/adoption experience. Please note that you can stop the interview at any time if you wish to do so without explaining any reason.
- The interview is scheduled between September and October 2024.

Place for Interviews

- At your home where confidentiality can be ensured or
- At my private practice space in Belair (Coach House, 13 Laffers Road, Belair 5041) – either Wednesday or Thursday upon the availability of the space



Mioi Forster-Nakayama

Dance Movement Psychotherapist /Counsellor

Clinical Registrant of PACFA (No.27821)

Clinical Member of DTAA(No.220-03)

ABN : 77600203188

Follow-up of the Interview

- The recording will be transcribed. You will be sent a copy of the written transcription so that you can comment on its accuracy.
- After I gather the findings, I will invite you to a focus group of foster/adoptive parents who were involved in my interviews. This is to enhance our understanding of your lived experiences within the concerned families. This is expected to be held during the school Term 1 or Term 2 of 2025.

What you are provided with

- Travelling expenses if the interview takes place at a place you have to travel to. (\$0.88 p/k)
- Voucher (\$50)
- Child Care Cost if required for your children to be looked after (During the interview and Focus Group)

Confidentiality

Confidentiality will be maintained in relation to the interview content. Once transcribed, recordings will be erased. Transcriptions will have no identifying details and will be stored in password-protected files, to be deleted after 7 years. Any information that might identify you as a participant will be anonymised; that is all names and identifying features will be changed.

Ethical Research

For the entire research project, I am regularly supervised by an experienced researcher in the same field, and I may bring materials to my research supervisor to discuss with them and maintain the ethics and safe practice of research. I abide by the Code of Ethics and Rules of Professional Conduct of the Dance Therapy Association of Australasia ([DTAA](#)) and the Code of Ethics of Psychotherapy and Counselling Federation of Australia ([PACFA](#)).

Participation is voluntary and as a participant, you are free to withdraw from the process at any time up until the publication of results, without giving a reason. As a participant, you will be required to sign a consent form.

If you would like to join in this research or know more about this, please do not hesitate to contact me directly at mioi@movingcircle.au or 0493 764 845. You will have an opportunity to ask any questions when you discuss the information sheet and consent form with me. Thank you for your cooperation and understanding.

Kind regards,

Mioi Forster-Nakayama

References;

Coates, S.W. (2014). Can Babies Remember Trauma? Symbolic Forms of Representation in Traumatized Infants. *The Journal of the American Psychoanalytic Association*. Sage Publications. DOI: 10.1177/0003065116659443

Gaensbauer, T.J. (1995). Trauma in the Preverbal Period. Symptoms, Memories, Developmental Impact. *The Psychoanalytic Study of the Child*. 50, 122-149. DOI: 10.1080/00797308.1995.11822399



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For more information and support, please contact the following organisations and helplines;

Emergency – Call 000

Blue Knot Foundation [Blue Knot Foundation](#)

South Australia Government – Foster Support [SA.GOV.AU - Steps to become a foster carer \(www.sa.gov.au\)](#)

Adoption Support by the SA Government [Adoption | Department for Child Protection](#)

Helpline and Family Supports [Parenting SA - Helplines and family supports](#)

About Me – Mioi (pronounced as mee-oi) Forster-Nakayama

I am a registered dance movement psychotherapist, practicing for about a decade. I worked at NHS psychiatric hospitals for adolescents, NGOs, and schools mostly running group therapy in the U.K. and Japan. I moved to Australia in 2020 and worked at a creative arts therapy clinic for 3 years. I am currently in private practice, seeing adults, teenagers, and children who are living with traumas and neurodiverse backgrounds. I am the 2024 [Hanny Exiner Memorial Foundation](#) grant recipient and embarked on my research journey since February 2024. More details can be found [here](#).

What is dance movement therapy?

Dance Movement Therapy (DMT) is a creative psychotherapy that focuses on movement and the body. We use the body and movements to process unresolved issues, and unexpressed or suppressed emotions to further understand ourselves. More details [here](#).