

Instruments Used in Psychotherapy and Counselling Process Research

In [Chapter 1](#), I presented some of the instruments used for measuring psychotherapy outcome. Many of these instruments are not unknown to practising clinicians as they are used in routine practice either for the assessment or for the monitoring of treatment outcome. Psychotherapy process measuring instruments are less well known as they are typically not very useful for everyday practice (but there are exceptions such as the Core Conflictual Relationship Theme Method; Luborsky & Crits-Christoph, 1998).

Lambert and Hill (1994) classify psychotherapy process research instruments with regard to whether they use the client's view of the process, the therapist's view of the process or the expert's or trained observer's view of the process. Other factors they take into consideration are whether the method gathers information on the client or the therapist, what aspect of the therapeutic process it focuses on (e.g. therapeutic alliance), what type of coding or scaling it uses and what theoretical constructs it examines (e.g. transference).

Heppner, Kivlighan and Wampold (1999) differentiate methods for measuring the area that is being investigated using the seven areas delineated by Hill (1991; see above) and they add Elliott's (1991) concept of *quality* of the process. Furthermore, they distinguish whether the instrument measures one of the outlined areas on a *micro* or a *macro* level, where micro level means that the instrument measures utterances and macro level means that the unit of analysis is either the whole session or its parts.

For the purpose of this book I will utilize the simpler distinction of Greenberg and Pinsof (1986). These authors use a basic division of process methods into *participative* and *non-participative* methods. In participative methods, therapy participants, clients and therapists are the users of the instrument; while non-participative methods use independent observers.

Participative Process Methods

Participative methods assess clients' and therapists' views of their interaction and its impacts. Participative methods can be further divided according to different criteria, e.g. what aspect of the process they assess or what unit of analysis they use (see the division stated above). Here, however, I will present the methods pragmatically according to examples of the most commonly used methods.

Research In Psychotherapy

Wolfgang Lutz, Sarah Knox



Research In Psychotherapy:

Enjoying Research in Counselling and Psychotherapy Sofie Bager-Charleson, Alistair McBeath, 2020-12-23 This textbook provides a guide to the development of a rigorous and creative research supported practice for students practitioners and researchers in counselling and psychotherapy With an emphasis on critical thinking and research mindedness it introduces practical research skills and links them to self awareness and critical reflection Learning how to creatively and effectively use oneself in the treatment process is an essential component in therapy training and this level of self awareness has long been a neglected area in research until now With examples ranging from private therapeutic practice to psychiatric related research each chapter combines how to do it advice with illustrative real life examples The authors outline the use of a broad range of research methods embracing Arts as well as RCT based research and covering qualitative quantitative pluralistic and mixed methods approaches Whether you are engaging with research for the first time or already developing your own research projects if you are a student at diploma level or taking a Postgraduate research course for counsellors psychotherapists and counselling psychotherapists this is essential reading for anyone looking for a book that combines self awareness with analytical and practical skills

Practice-Oriented Research in Psychotherapy Louis Castonguay, J Christopher Muran, 2017-10-02 The wide gap between science and practice in psychotherapy is due in part to the one way direction that has mostly defined the connection between researchers and clinicians with researchers generating empirical knowledge with the hope that practitioners will implement it in their working environment This traditional approach has not been optimal in addressing the day to day concerns of clinicians or in providing easily generalizable practice guidelines in clinical routine This book offers an alternative approach to psychotherapy research based on a partnership between clinicians and researchers in different aspects of the decision design implementation and dissemination of studies conducted in day to day practice More specifically it describes how to conduct practice oriented research POR by presenting studies and lessons learned in terms of obstacles faced strategies used to overcome problems benefits earned and general recommendations by eleven groups of who have been involved in POR in different settings around the world The book provides tools to help clinicians be active participants in conducting clinically relevant studies and set the agenda for future research It seeks to foster collaboration between researchers and practitioners generating knowledge that can improve our understanding of the process of change and the impact of psychotherapy This book was originally published as a special issue of Psychotherapy Research

Methods of Research in Psychotherapy Louis A. Gottschalk, 2012-12-06 The prospective reader may well ask about the particular merits of this volume especially in view of several dozen similar offerings each with its own excellences and of the easy availability of symposia conferences conventional reviews abstract journals and serial research reports In spite of such other attractions it seems to me that these 34 essays are among the most informative and stimulating which are now available in the areas covered The editors have been successful in attracting new

articles from many of the most prominent investigators now actively working at research in psychotherapy who can therefore speak for themselves about what they are doing Several of the articles have been in the preparatory stage for numerous years Not only do they represent the vanguard of research but because of the introduction of relatively new concepts in communication theory in the clinical setting which can be implemented by the new technology specifically the use of sound films and tape they probably presage the shape of much that is to come It is commonplace that the history of a science is closely allied to the history of the tools available Here we see the concepts attitudes and working methods on this frontier being set forth frankly and concretely in ways which avoid many of the deficiencies and evasions of previous clinical research

Research in Psychotherapy Robin Fox, 2017-07-12 Research in Psychotherapy is a comprehensive synthesis and assessment of the psychotherapeutic research literature for the use of both researchers and those in clinical practice It is designed as a general reference work an instruction guide and a source of information about specific aspects and problems of research The book consists of three parts Part 1 discusses principles and methods of research as they are applied to psychotherapy It provides general background material and principles to help non researchers appreciate some of the important problems that are encountered In Part 2 existing research on the effects of psychotherapy and the determinants and correlates of outcome are clustered and reviewed Chapters 4 to 7 are concerned strictly with a review and appraisal of controlled studies that were designed to evaluate the effects of psychotherapy Chapters 8 to 13 deal with a large body of research on various factors associated with therapeutic outcome method style and technique variables patient therapist and time variables Part 3 is concerned with research on aspects of the therapeutic process and on the effect of many of these same variables on the therapeutic interchange as distinct from the outcome of therapy Also discussed is research on various therapeutic phenomena and conditions about which so much has been written and so little really known Research in Psychotherapy was written in the conviction that clinical practice should be influenced by research and that rigorous research that meets acceptable experimental standards can be done on the field of psychotherapy

Psychotherapy Research Omar C.G. Gelo, Alfred Pritz, Bernd Rieken, 2014-12-24 This book provides readers with essential information on the foundations of psychotherapy research and on its applications to the study of both psychotherapy process and outcome The aim is to stimulate a reflection on these issues in a way that will benefit researchers and clinicians as well as undergraduate and graduate students at different levels and from different perspectives Accordingly the book presents a balanced mix of chapters summarizing the state of the art in the field from different viewpoints and covering innovative topics and perspectives reflecting some of the most established traditions and at the same time emerging approaches in the field in several countries The contributors who were invited from among the experts in our national and international professional networks also represent a healthy mix of leading figures and young researchers The first part of the book addresses a number of fundamental issues in psychotherapy research at a historical philosophical and theoretical level The

second part of the book is concerned with research on psychotherapy processes in this regard both quantitative and qualitative approaches are given equal consideration in order to reflect the growing relevance of the latter The book's third and last part examines research on psychotherapy outcomes primarily focusing on quantitative approaches Offering a balanced mix of perspectives approaches and topics the book represents a valuable tool for anyone interested in psychotherapy research

Research in Psychotherapy Julian Meltzoff, Melvin Kornreich, 2007-11-01 Research in Psychotherapy is a comprehensive synthesis and assessment of the psychotherapeutic research literature for the use of both researchers and those in clinical practice It is designed as a general reference work an instruction guide and a source of information about specific aspects and problems of research The book consists of three parts Part 1 discusses principles and methods of research as they are applied to psychotherapy It provides general background material and principles to help non researchers appreciate some of the important problems that are encountered In Part 2 existing research on the effects of psychotherapy and the determinants and correlates of outcome are clustered and reviewed Chapters 4 to 7 are concerned strictly with a review and appraisal of controlled studies that were designed to evaluate the effects of psychotherapy Chapters 8 to 13 deal with a large body of research on various factors associated with therapeutic outcome method style and technique variables patient therapist and time variables Part 3 is concerned with research on aspects of the therapeutic process and on the effect of many of these same variables on the therapeutic interchange as distinct from the outcome of therapy Also discussed is research on various therapeutic phenomena and conditions about which so much has been written and so little really known Research in Psychotherapy was written in the conviction that clinical practice should be influenced by research and that rigorous research that meets acceptable experimental standards can be done on the field of psychotherapy Julian Meltzoff is a fellow of the Division of Clinical Psychology of the American Psychological Association Known as an innovator of therapeutic programs he designed and organized a model milieu therapy setting which was evaluated in his book The Day Treatment Center Principles Application and Evaluation He also wrote Critical Thinking About Research Psychology and Related Fields Melvin Kornreich is supervisor of research in the Psychology Section of the Veterans Administration Outpatient Clinic in Brooklyn New York A diplomate in Clinical Psychology of the American Board of Examiners in Professional Psychology Kornreich has had extensive experience in clinical work and research supervision he teaches in the psychology program of Brooklyn College City University of New York

Handbook of Psychotherapy and Behavior Change Allen E. Bergin, Sol Louis Garfield, 1971 TABLE OF CONTENTS Part 1 Theory Methodology and Experimentation 1 Some Historical and Conceptual Perspectives on Psychotherapy and Behavior Change 2 Experimental Designs in Psychotherapy Research 3 The Application of Psychophysiological Methods to the Study of Psychotherapy and Behavior Modification 4 Laboratory Interview Research as an Analogue to Treatment 5 Social Psychological Approaches to Psychotherapy Research 6 Clinical Innovation in Research and Practice Part 2 Analysis of Client Centered Psychoanalytic

Eclectic and Related Therapies 7 The Evaluation of Therapeutic Outcomes 8 Research on Client Variables in Psychotherapy 9 Research on Certain Therapist Interpersonal Skills in Relation to Process and Outcome 10 Content Analysis Studies of Psychotherapy 1954 through 1968 Quantitative Research on Psychoanalytic Therapy 12 Placebo Effects in Medicine Psychotherapy and Psychoanalysis 13 Research on Psychotherapy with Children 14 Psychotherapy and Ataraxic Drugs Part 3 Analysis of Behavioral Therapies 15 Counterconditioning and Related Methods 16 The Operant Approach in Behavior Therapy 17 Psychotherapy Based Upon Modeling Principles 18 The Nature of Learning in Traditional and Behavioral Psychotherapy Part 4 Therapeutic Approaches to the Home Family School Group Organization and Community 19 Behavioral Intervention Procedures in the Classroom and in the Home 20 Evaluative Research and Community Mental Health 21 Empirical Research in Group Psychotherapy 22 The Effects of Human Relations Training 23 Research on Educational and Vocational Counseling Part 5 Evaluating the Training of Therapists 24 Research on the Teaching and Learning of Psychotherapeutic Skills

Research in Psychotherapy and Counselling Ladislav Timulak, 2008-11-19 Timulak's aims to clarify research and its value for practice and to alert people to its limitations and potential misuse have certainly been achieved This book deserves a place in every professional library and I recommend it to anyone who is interested in understanding more about research Therapy Today May 2009 An authoritative text providing a first rate outline of the specific methods that counselling and psychotherapy researchers use and illustrated through a wealth of examples Professor Mick Cooper Senior Lecturer in Counselling University of Strathclyde The content is comprehensive and covers the full range of knowledge and information that a trainee psychologist psychotherapy researcher would want to have It offers a general overview of psychotherapy research methods and their logic which is not duplicated in any book that I know of Georgia Lepper Senior Lecturer in Psychotherapy University of Kent Research in Psychotherapy and Counselling is a guide to methods used in studying the outcomes and processes of therapy Introducing a range of methodologies which are used internationally the author describes different research designs and illustrates them through examples of actual studies Presenting the findings from key studies he clearly demonstrates the usefulness of the research in therapeutic practice Research in Psychotherapy and Counselling is ideal for researchers and for students on courses in counselling psychotherapy clinical and counselling psychology and psychiatry Ladislav Timulak is course director of the MSc in Counselling Psychology at Trinity College Dublin He previously worked at the University of Trnava Slovakia and has extensive practical experience in the field of counselling and psychotherapy as well as experience in conducting psychotherapy training

Doing Research in Counselling and Psychotherapy John McLeod, 2014-11-30 From leading researcher and bestselling author John McLeod this substantially rewritten and restructured third edition is the most accessible and comprehensive how to guide on conducting a successful research project in counselling and psychotherapy Taking you step by step through the research process this new edition includes A list of 9 basic principles for doing meaningful and practically useful research Chapters on basic research

skills developing a research question critically evaluating research studies compiling a research proposal using qualitative and quantitative methods and fulfilling the requirements of ethics committees Chapters on 5 main types of research product that can be accomplished by novice researchers qualitative interview studies systematic case studies practice based outcome research autoethnographic inquiry and publishable literature reviews Guidance on how to get your work published Supported by a companion website offering relevant journal articles sample ethical consent forms links to open access research tools and more this is an indispensable resource for any counselling trainee or practitioner learning about the research process for the first time John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee

Qualitative Research in Counselling and Psychotherapy John McLeod, 2000-12-22 Qualitative methods are particularly suited to answering the kinds of questions that counsellors and psychotherapists need to ask about their practice *Qualitative Research Methods in Counselling and Psychotherapy* has therefore been written to help researchers find their way through the range of methodologies and techniques available to them Leading expert and best selling author John McLeod takes the reader through each stage of the research process explaining techniques for gathering data writing up the study and evaluating the findings Each qualitative method is clearly described and critically assessed in terms of its own strengths and weaknesses Examples from actual research studies are given to show how *Group Report of a Program of Research in Psychotherapy* Pennsylvania State College. Psychotherapy Research Group, William Snyder, 1953 *Research in Psychotherapy* Hans H. Strupp, Lester Luborsky, 1962 The content of this volume represents the proceedings of the Second Conference on Research in Psychotherapy held in 1961 The book is organized according to three conference topics 1 Research problems relating to measuring personality change in psychotherapy The emphasis here rested on a thorough discussion of relevant variables in patients so as to allow significant assessments of change as a result of therapy techniques for measuring personality change selection of patients in terms of predictor variables 2 Research problems relating to the psychotherapist's contribution to the treatment process Questions to be dealt with under this heading included ways of evaluating the contribution of the therapist's personality and attitudes upon progress and outcome of therapy effects of variations in therapist behavior upon the process of therapy 3 Research problems relating to the definition measurement and analysis of significant variables in psychotherapy such as transference resistance etc The purpose here was to bridge the gap between dynamic events observed in the clinical situation and their assessment and measurement by objective means PsycINFO Database Record c 2004 APA all rights reserved **The Counselling and Psychotherapy Research Handbook** Andreas Vossler, Naomi Moller, 2014-10-16 Research is a vital and often daunting component of many counselling and psychotherapy courses As well as completing their own research projects trainees across modalities must understand the research in the field what it tells them and how to do it Breaking down this seemingly mountainous task into easy to swallow pieces this book will navigate your students through each stage of the research process from choosing a research question

through the pros and cons of different methods to data analysis and writing up their findings Written by leading contributors from the field including John McLeod Mick Cooper and Tim Bond each chapter features points for reflection engaging activities and suggestions for further reading helping students to engage with all aspects of research An original graphic narrative runs throughout the book bringing this complex topic to life in a unique way Whether embarking on research for the first time or already a little familiar with research and research methods this unique guide is something counselling and psychotherapy students will turn to continually throughout their research projects

Practice-Oriented Research in Psychotherapy Louis Castonguay, J Christopher Muran, 2017-10-02 The wide gap between science and practice in psychotherapy is due in part to the one way direction that has mostly defined the connection between researchers and clinicians with researchers generating empirical knowledge with the hope that practitioners will implement it in their working environment This traditional approach has not been optimal in addressing the day to day concerns of clinicians or in providing easily generalizable practice guidelines in clinical routine This book offers an alternative approach to psychotherapy research based on a partnership between clinicians and researchers in different aspects of the decision design implementation and dissemination of studies conducted in day to day practice More specifically it describes how to conduct practice oriented research POR by presenting studies and lessons learned in terms of obstacles faced strategies used to overcome problems benefits earned and general recommendations by eleven groups of who have been involved in POR in different settings around the world The book provides tools to help clinicians be active participants in conducting clinically relevant studies and set the agenda for future research It seeks to foster collaboration between researchers and practitioners generating knowledge that can improve our understanding of the process of change and the impact of psychotherapy This book was originally published as a special issue of Psychotherapy Research

Evidence-based Counselling and Psychological Therapies Nancy Rowland, Stephen Goss, 2000 Evidence Based Counselling and Psychological Therapies assesses the impact of the international drive towards evidence based health care on NHS policy and the provision of the psychological services in the NHS An outstanding range of contributors provide an overview of evidence based health care and the research methods that underpin it demonstrating its effect on policy provision practitioners and patients Their thought provoking chapters look at a variety of relevant issues including generating and implementing evidence cost effectiveness issues practical guidelines practitioner research Evidence Based Counselling and Psychological Therapies is essential for mental health professionals and trainees concerned with this movement which is having and will continue to have a huge impact on the purchasing provision and practice of health care

Research in Psychotherapy Eli Abraham Rubinstein, Morris B. Parloff, 1959

Research and Psychotherapy Lester Luborsky, Ellen Luborsky, 2006 The authors provide extensive information on the latest research in the field

An Introduction to Research in Counselling and Psychotherapy John McLeod, 2013-03-22 Introducing the basic principles of research theory and practice this book is the

ideal starter text for any counselling trainee or practitioner learning about the research process for the first time Structured around common training topics the book Explains why you need to do research at all what it is why it s important and its historical and philosophical context Guides you through the confusing mass of research literature Covers the ins and outs of actually doing research practical and ethical issues Helps you get the most out of research how to evaluate the outcomes and use research to investigate the process of therapy Written in a language familiar to first year trainees and using a range of features to enhance learning this accessible introduction will equip both trainees and qualified therapists with the essential nuts and bolts to understand research John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee and adjunct Professor at the University of Oslo Norway

Bringing Psychotherapy Research to Life Louis Georges Castonguay, 2010 This important volume is both a tribute to the most significant figures in psychotherapy research and a valuable summary of the thrust of their individual contributions It amounts to a concise yet comprehensive encyclopedia of psychotherapy research in a user friendly format A wonderful idea carried through with verve and love Paul L Wachtel PhD Distinguished Professor of Psychology City College of New York and CUNY Graduate Center The participants in this landmark volume are the Oscar winners in the field of psychotherapy Distinguished psychotherapy clinician researchers all the authors write appreciatively of their pioneer mentors personal odysseys and compellingly describe the outstanding contributions they made to psychotherapy research and clinical practice In an age of evidence based practice this book s demonstration of how research is relevant to the practice of psychotherapy makes it essential reading for researchers and clinicians alike Stanley B Messer PhD Dean Graduate School of Applied and Professional Psychology Rutgers University Piscataway NJ This book provides a who s who of psychotherapy research complete with charming biographies and helpful summaries of the work of the giants of the field A must read for whoever wants to know where we are in psychotherapy research and how we got there George Stricker PhD Professor of Psychology Argosy University Washington DC Therapists are flooded with data supporting cognitive therapy Yet substantial process research supports the influence of variables like the working alliance empathy emotional deepening mutually agreed upon goals and the therapist s personality Through this collection of carefully constructed biographies of major psychotherapy researchers therapists now have easy access to data supporting these less publicized keys to psychotherapeutic change Each therapist is the medium through which clients find their own abilities to change Let the authors and editors help clarify what you do and sharpen how you do it Bernard D Beitman MD author of *The Structure of Individual Psychotherapy* and coauthor of *Learning Psychotherapy and Counseling and Psychotherapy Essentials* Many clinicians today are unaware of the implications of psychotherapy research for their practice Research that can readily be applied may be difficult to find in original empirical papers and lessons from the larger body of psychotherapy research are not always accessible *Bringing Psychotherapy Research to Life* highlights the work of 28 distinguished psychotherapy researchers showing how their research programs changed the way we think about and practice

psychotherapy While honoring the founders and influential members of the Society for Psychotherapy Research the book illustrates how research has extended the following questions What types of patients benefit from therapy How can relationship problems best be handled Under which circumstances can emotions be deepened How does the therapist foster insight How does the therapist facilitate behavioral change This book presents scientifically rich and clinically relevant messages embedded in meaningful stories By contextualizing the work of luminaries in psychotherapy research it will appeal to students and practitioners alike providing both a survey of the field and a resource for fresh research questions Readers who are primarily associated with a cognitive behavioral approach will also benefit from an overview of the constructs investigated and empirical methods used by researchers in the humanistic and psychodynamic traditions *Quantitative and Qualitative Methods in Psychotherapy Research* Wolfgang Lutz, Sarah Knox, 2014-01-03 In this collection international contributors come together to discuss how qualitative and quantitative methods can be used in psychotherapy research The book considers the advantages and disadvantages of each approach and recognises how each method can enhance our understanding of psychotherapy Divided into two parts the book begins with an examination of quantitative research and discusses how we can transfer observations into numbers and statistical findings Chapters on quantitative methods cover the development of new findings and the improvement of existing findings identifying and analysing change and using meta analysis The second half of the book comprises chapters considering how qualitative and mixed methods can be used in psychotherapy research Chapters on qualitative and mixed methods identify various ways to strengthen the trustworthiness of qualitative findings via rigorous data collection and analysis techniques Adapted from a special issue of Psychotherapy Research this volume will be key reading for researchers academics and professionals who want a greater understanding of how a particular area of research methods can be used in psychotherapy

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 $2 \text{ CO}_2(\text{g}) + \text{H}_2\text{O}(\text{g}) \rightarrow \text{C}_2\text{H}_2(\text{g}) + \frac{5}{2} \text{O}_2(\text{g}) \quad \Delta H = 94.5 \text{ kJ}$
 $\text{H}_2\text{O}(\text{g}) \rightarrow \text{H}_2(\text{g}) + \frac{1}{2} \text{O}_2(\text{g}) \quad \Delta H = 71.2 \text{ kJ}$
 $\text{C}_2\text{H}_6(\text{g}) + \frac{7}{2} \text{O}_2(\text{g}) \rightarrow 2 \text{ CO}_2(\text{g}) + 3 \text{ H}_2\text{O}(\text{g}) \quad \Delta H = 283 \text{ kJ}$
 $\text{C}_2\text{H}_6(\text{g})$

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 $\text{C}_2\text{H}_4(\text{g}) + 3 \text{ O}_2(\text{g}) \rightarrow 2 \text{ CO}_2(\text{g}) + 2 \text{ H}_2\text{O}(\text{l}) \quad \Delta H = 1411 \text{ kJ}$
 $\text{C}_2\text{H}_6(\text{g}) + 7 \text{ O}_2(\text{g}) \rightarrow 2 \text{ CO}_2(\text{g}) + 3 \text{ H}_2\text{O}(\text{l}) \quad \Delta H = 1560 \text{ kJ}$
 $\text{H}_2(\text{g}) + \frac{1}{2} \text{ O}_2(\text{g}) \rightarrow \text{H}_2\text{O}(\text{l}) \quad \Delta H = 285 \text{ kJ}$
 mole

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that the enthalpy change $\Delta H_{\text{products}} - \Delta H_{\text{reactants}}$ is positive if heat is absorbed that is if $\Delta H_{\text{products}}$

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 $\text{1 NaOH (s)} + \text{Na}^+ \text{aq} + \text{OH}^- \text{aq} \rightarrow \text{H}_2\text{O (l)}$
 $\text{2 NaOH (s)} + \text{H}^+ \text{aq} + \text{Cl}^- \text{aq} \rightarrow \text{H}_2\text{O (l)}$
 $\text{3 NaOH (s)} + \text{H}^+ \text{aq} + \text{Cl}^- \text{aq} \rightarrow \text{H}_2\text{O (l)}$