

The background of the slide features a close-up, artistic photograph of two hands gently cupping a small, green plant with several leaves. The lighting is warm, creating a soft, orange-red glow over the entire scene. The hands are positioned at the top and bottom, framing the plant in the center.

Researching Psychotherapy and Counselling

RUDI DALLOS AND ARLENE VETTER

Researching Psychotherapy And Counselling

Nick Riding, Georgia Lepper



Researching Psychotherapy And Counselling:

Researching Psychotherapy and Counselling Rudi Dallos, Arlene Vetere, 2005 What are the benefits of conducting research while practising Which research methods are most suitable for busy practitioners How can practitioners weave research into their everyday practice without it becoming a burdensome add on What practical and ethical considerations should counsellors and therapists take into account when researching This book focuses on the issues facing practising clinicians wishing to engage in research It outlines approaches involving both clients and other professionals in the research and argues for approaches that combine an exploration of the experience as well as the effectiveness of therapies With an emphasis on do able research the book examines the dilemmas and challenges for clinicians in recruiting participants and combining research with clinical practice and includes step by step guides to doing research projects Key topics covered include Collaborative research The ethics of research Mixed methods of research qualitative and quantitative Suitable research methods for busy clinicians Practice based evidence and evidence based practice Written by authors with extensive experience of research teaching with clinicians **Researching Psychotherapy and Counselling** provides a rigorous yet practical guide for trainee and practising counsellors psychotherapists and clinical psychologists as well as allied mental health professionals

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

Researching Psychotherapy and Counselling Rudi Dallos, Arlene Vetere, 2005-08-16 What are the benefits of conducting research while practising Which

research methods are most suitable for busy practitioners How can practitioners weave research into their everyday practice without it becoming a burdensome add on What practical and ethical considerations should counsellors and therapists take into account when researching This book focuses on the issues facing practising clinicians wishing to engage in research It outlines approaches involving both clients and other professionals in the research and argues for approaches that combine an exploration of the experience as well as the effectiveness of therapies With an emphasis on do able research the book examines the dilemmas and challenges for clinicians in recruiting participants and combining research with clinical practice and includes step by step guides to doing research projects Key topics covered include Collaborative research The ethics of research Mixed methods of research qualitative and quantitative Suitable research methods for busy clinicians Practice based evidence and evidence based practice Written by authors with extensive experience of research teaching with clinicians Researching Psychotherapy and Counselling provides a rigorous yet practical guide for trainee and practising counsellors psychotherapists and clinical psychologists as well as allied mental health professionals

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

Practitioner Research in Counselling John McLeod, 2013-03-01 This is a practical guide to carrying out research in counselling and the helping professions generally It covers all major aspects of research and guides the reader through the essential processes involved from setting up and conducting a study to analyzing data and evaluating findings New Therapist This practical informative and encouraging guide to doing research in counselling and the helping professions generally has been written with practitioners firmly in mind The book is a comprehensive yet accessible introduction which covers all major aspects of research and guides the reader through the essential processes involved from setting up and conducting a study to analyzing data and evaluating findings In addition the author provides guidelines for accessing research information and resources With an emphasis on the acquisition of research skills and their practical application to counselling issues Practitioner Research in Counselling shows how research can be used in a meaningful way by all practitioners

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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

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

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 Using Research in Counselling and Psychotherapy John McLeod, 2016-09-14 In this book bestselling author John McLeod examines the multiple ways in which research can be used to inform and enhance counselling practice The author discusses how research impacts on policy and practice covering research knowledge values research awareness and skills Further chapters cover Using research to understand the therapy process and outcomes Using research to make sense of other lives Using client feedback to enhance practice Using research to build professional networks and effective organisations The book can be used throughout training on counselling psychotherapy and counselling psychology courses to support the development of professional competencies and personal development It will also be valuable reading for both practitioners and researchers 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 *Clinician-Researchers in Psychotherapy* Jill D. Paquin, 2020-05-21 Clinical researchers who have an active clinical practice are rare Therapists who conduct therapy research are rarer still Why is this the case And why is the study of the practice often so far from the actual practice If the practice and research worlds of therapy are to be bridged might clinician researchers professionals who do both play an important role in this process A career engaged both with providing therapy and researching therapy is unique This book combines original empirical work theory and first person scholarly narratives authored by clinical mental health professionals in the early

middle and later stages of their careers as they highlight the rewards challenges and potent areas of synergy they experience as clinician researchers This book was originally published as a special issue of Counselling Psychology Quarterly

Evidence Based Counselling and Psychological Therapies Nancy Rowland,Stephen Goss,2013-05-13 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

Doing Counselling Research John McLeod,2003-05-16 This is a great starting point for anyone studying or interested in counselling research I would thoroughly recommend the Second Edition of this book Terry Hanley Healthcare Counselling and Psychotherapy Journal Doing Counselling Research Second Edition is a practical and accessible introduction to the research process within counselling and psychotherapy Written both as a guide to carrying out research and to using existing findings to inform practice it provides essential information for all trainees and practitioners John McLeod guides the reader through the principles and practice of undertaking a successful research project explaining how to review the literature select appropriate methods qualitative and quantitative collect data design and implement an effective study plan evaluate findings Taking account of developments in research methods the book has been fully revised and updated and includes new chapters on evidence based practice and practitioner research Research literacy is now within the skillset of all counsellors and psychotherapists and as a practical introduction to the subject Doing Counselling Research will be indispensable to trainees and practitioners alike

Case Study Research in Counselling and Psychotherapy John McLeod,2010-09-22 Case based knowledge forms an essential element of the evidence base for counselling and psychotherapy practice This book provides the reader with a unique introduction to the conceptual and practical tools required to conduct high quality case study research that is grounded in their own therapy practice or training Drawing on real life cases at the heart of counselling and psychotherapy practice John McLeod makes complex debates and concepts engaging and accessible for the trainees and practitioners at all levels and from all theoretical orientations Key topics covered in the book include the role of case studies in the development of theory practice and policy in counselling and psychotherapy strategies for responding to moral and ethical issues in therapy case study research practical tools for collecting case data how to do it guides for carrying out different types of case study team based case study research for practitioners and students questions issues and challenges that may have been raised for readers through their study Concrete examples points for reflection and discussion

and recommendations for further reading will enable readers to use the book as a basis for carrying out their own case investigation All trainees in counselling psychotherapy and clinical psychology are required to complete case reports and this is the only textbook to cover the topic in real depth The book will also be valuable to people who intend to use existing case studies to inform their practice and it will help experienced practitioners to generate publishable case reports

Making Research Matter Stephen Goss, Christine Stevens, 2015-09-07 Stephen Goss is a leading figure in UK counselling and psychotherapy research

Introducing Counselling and Psychotherapy Research Terry Hanley, Clare Lennie, William West, 2012-12-14 An unusually thoughtful methodical engaging text tackling essential research issues in an accessible and attractive way Colin Feltham Emeritus Professor of Critical Counselling Studies Sheffield Hallam University Introducing Counselling and Psychotherapy Research provides an accessible yet thorough overview of the place that research has in the world of therapy It introduces the reader to the language of research and helps students to identify themselves as researchers by supporting the development of their research literacy and awareness Structured around common training topics the book provides consideration of what research is and why people do it discussion of key issues that individuals should consider before embarking on a research project an informed overview of common research methodologies and methods a reflection upon the need to place ethical mindfulness at the fore of any research project advice and information on what you can do with your research once it s complete This practical book demystifies research through a model of collaborative and experiential learning with training exercises student reflections further reading guidance on how to complete a thesis or dissertation study skills and tips on how to use research supervision and dissemination Terry Hanley Clare Lennie and William West work as directors and lecturers on the Counselling and Counselling Psychology programmes at the University of Manchester

Researching the Psychotherapy Process Nick Riding, Georgia Lepper, 2005-12-04 This hands on introduction to psychotherapy process research methods takes the student clinician researcher through the basic steps of developing a research project based on a transcript of a psychotherapy session The major text based methods in use are introduced in separate chapters and illustrated with detailed examples and exercises which will enable the novice researcher to explore the therapeutic interaction from a variety of perspectives The aim of the book is to support and enhance clinical practice through research competence and awareness

Essential Research Findings in Counselling and Psychotherapy Mick Cooper, 2008-09-23 Are some therapies more effective than others How important is the relationship Which clients do best in therapy Essential Research Findings in Counselling and Psychotherapy answers these questions and many more providing trainees practitioners and researchers with a comprehensive introduction to the latest findings in the field The book sets out in a jargon free way the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes It gives suggestions for further reading definitions of key terms and questions for discussion making this an ideal text for use in training The book is also designed for practitioners who increasingly need

to justify their therapeutic work on empirical grounds Essential Research Findings in Counselling and Psychotherapy gives them the knowledge and confidence to do just that More than that it makes research findings accessible and provides information on how to practice counselling and psychotherapy in an effective way *Handbook of Counseling and Psychotherapy in an International Context* Roy Moodley,Uwe P. Gielen,Rosa Wu,2013-05-07 Many factors in the world today such as globalization and a rise in immigration are increasing the need for mental health practitioners to acquire the ability to interact effectively with people of different cultures This text will be the most comprehensive volume to address this need to date exploring the history philosophy processes and trends in counseling and psychotherapy in countries from all regions of the globe Organized by continent and country each chapter is written by esteemed scholars drawing on intimate knowledge of their homelands They explore such topics as their countries demographics counselor education programs current counseling theories and trends and significant traditional and indigenous treatment and healing methods This consistent structure facilitates quick and easy comparisons and contrasts across cultures offering an enhanced understanding of diversity and multicultural competencies Overall this text is an invaluable resource for practitioners researchers students and faculty showing them how to look beyond their own borders and cultures to enhance their counseling practices *Ethics in Participatory Research on Counselling and Psychotherapy* John McLeod,Julia McLeod,2025-02-25 Increasingly therapy practitioners and researchers position themselves within a pluralistic perspective that draws on the value of multiple sources of knowledge The aim of this book is to highlight the distinctive ethical challenges and opportunities associated with a pluralistic research orientation The book begins by succinctly summarising ethical concepts and strategies such as informed consent confidentiality and avoidance of harm that form the foundations of ethically sound research An overview of distinctive ethical features of pluralistic research is then provided followed by a series of chapters that address specific strands of ethics work The closing chapter discusses approaches to training and ethical inquiry the establishment of communities of research practice and the provision of forms of counselling and psychotherapy that promote social justice Each chapter will open with a concise chapter outline and close with a summary of key learning points take home skills and follow up learning activities Case examples from published studies will be used to illustrate how theory and concepts have been implemented in real life investigative contexts Written in plain English that is accessible to a wide range of readers with recommended reading signposted in respect of advanced topics this book will be an essential resource for practicing and trainee professionals and researchers in the psychological professions

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