

Second
Edition

Qualitative Research

IN COUNSELLING
AND PSYCHOTHERAPY

John McLeod



Qualitative Research In Counselling And Psychotherapy

John McLeod



Qualitative Research In Counselling And Psychotherapy:

Qualitative Research in Counselling and Psychotherapy John McLeod, 2001 A new book by John McLeod is always a treat and like good qualitative research takes the reader by surprise and shows him or her something new The revelation to me in this book is its focus on philosophy rather than psychology and on John's insistence that qualitative research is rooted in a mixture of phenomenology and hermeneutics Those of us engaged in qualitative research are challenged to underpin our work with a deeper awareness of relevant philosophy with Chapters 2, 3 and 4 offering a good starting point This book might not be seen then as being for the novice researcher who in any case would be best advised to start with one of John's earlier books *Doing Counselling Research* SAGE 1994 or *Practitioner Research in Counselling* SAGE 1999 However many parts of this book are essential reading for those beginning qualitative research The first half of Chapter 9 for example *How to Do Qualitative Research* is rich material as is Chapter 6 which explores grounded theory referred to by John as the 2nd market leader in qualitative research Chapter 10 takes a critical stance on randomized controlled trials before arguing the case for using qualitative outcomes measures Qualitative interviews appear to be at present the most sensitive method for the evaluation of the harmful effects of therapy and also for recording its greatest successes The standardized self-report methods used in randomized trials appear both to inhibit criticism of therapists and reporting of deterioration and also give little scope for clients to describe the hugely positive transformational experiences that can sometimes take place in counselling This book deeply addresses what it means to do qualitative research into counselling and psychotherapy with plenty for the novice researcher and even more for those already deeply immersed in qualitative research William West *Counselling and Psychotherapy Research* Qualitative methods are particularly suited to answering the kinds of questions that counsellors and psychotherapists need to ask about their practice *Qualitative Research 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 bestselling 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 the methods work in practice The need to show how and why counselling works has led to an explosion of research activity For all those involved in research whether as part of academic study or in practice this book will be essential reading As an introduction to qualitative methods this it is certain to be widely recommended on courses in counselling and counselling psychology and will also be of interest to those who provide counselling in other professional areas such as nursing and social work

Qualitative Research in Counselling and Psychotherapy John McLeod, 2011-04-06 The need to show how and why counselling works has led to an explosion of research activity and a growing focus on research in counselling and psychotherapy teaching and practice Yet this book even now in its second

edition stands alone in addressing qualitative research in therapy. Leading expert John McLeod helps readers 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 the methods work in practice. This new edition incorporates developments in qualitative research over the last ten years and includes many new chapters covering interpretative phenomenological analysis, heuristic research and autoethnography, action research, case study methods, narrative analysis. For all those involved in research whether as part of academic study or in practice, this book will be essential reading. As an introduction to qualitative methods, it is the perfect course text for counselling and counselling psychology and psychotherapy and will also be of interest to those who provide counselling in other professional areas such as teaching, nursing and social work.

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.

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*, 2000 A new book by John McLeod is always a treat and like good qualitative research takes the reader by surprise and shows him or her something new The revelation to me in this book is its focus on philosophy rather than psychology and on John's insistence 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 **Supporting Research in Counselling and Psychotherapy** Sofie Bager-Charleson, Alistair McBeath, 2023-01-23 This textbook aims to support counsellors psychotherapists and counselling psychologists to develop a creative research informed practice Following from the authors earlier title Enjoying Research the book covers qualitative quantitative pluralistic and mixed methods approaches with a special focus on diversity researcher support and innovative methods The book explores research during critical stages like question formulation data gathering ethics analysis and presentation of the findings It mixes theory with illustrative real life how to do it examples and reader activities International experts contribute with examples ranging from arts based decolonising research to creative use of outcome and survey based approaches with a shared interest in dialogues between scientific and aesthetic or intuitive embodied means of knowing This is essential reading for anyone looking for a book that combines self awareness with analytical and practical skills in counselling and psychotherapy related research 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 *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 *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 **Qualitative Research in Counselling and Psychotherapy** John McLeod, 2011-03-17 The need to show how and why counselling works has led to an explosion of research activity and a growing focus on research in counselling and psychotherapy teaching and practice Yet this book even now in its second edition stands alone in addressing qualitative research in therapy Leading expert John McLeod helps readers 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 the methods work in practice This new edition incorporates developments in qualitative research over the last ten years and includes eight new chapters covering interpretative phenomenological analysis IPA autoethnographic methods action research case study methods For all those involved in research whether as part of academic study or in practice this book will be essential reading As an introduction to

qualitative methods it is the perfect course text for all training programmes in counselling psychology and psychotherapy and will also be of interest to those who work in areas such as psychiatry clinical psychology and mental health nursing or who provide counselling in other professional areas such as teaching nursing and social work McLeod is Professor of Counselling University of Abertay Dundee

Case Studies in Relational Research Del Loewenthal, 2007 The increasing professionalization of counseling and psychotherapy has fueled a need for students and practitioners to learn how to carry out research This distinctive new book enables readers to learn these much needed skills through its use of project based case study approach allowing the reader to learn through the context of real situations Each of the main qualitative research methods including discourse analysis grounded theory phenomenology feminist research and focus groups are discussed and attention is also given to such aspects as evidence based practice and conducting research in a postmodern world With additional chapters on research processes a chapter focusing on the students experience of learning about therapeutic research using this approach and a final chapter exploring the place of therapeutic research in counseling and psychotherapeutic practice this book will be an invaluable guide for students and practitioners of psychotherapy and counseling to learn how to carry out research

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

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.

[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.

[Qualitative Research Methods in Mental Health and Psychotherapy](#) David Harper, Andrew R. Thompson, 2011-08-01. This book provides a user-friendly introduction to the qualitative methods most commonly used in the mental health and psychotherapy arena. Chapters are written by leading researchers, and the editors are experienced qualitative researchers, clinical trainers, and mental health practitioners. Provides chapter-by-chapter guidance on conducting a qualitative study from across a range of approaches. Offers guidance on how to review and appraise existing qualitative literature, how to choose the most appropriate method, and how to consider ethical issues. Demonstrates how specific methods have been applied to questions in mental health research. Uses examples drawn from recent research, including research with service users in mental health practice and in psychotherapy.

[Qualitative Research Approaches for Psychotherapy](#) Keith Tudor, Jonathan Wyatt, 2023-07-03. Qualitative Research Approaches for Psychotherapy offers the reader a range of current qualitative research approaches congruent with the values and practices of psychotherapy itself: experience-based, reflective, contextualized, and critical. This volume contains 14 compelling, challenging new essays from authors in both the Northern and Southern hemispheres, writing from a range of theoretical and cultural perspectives. The book covers both established and emerging approaches to qualitative research in this field, beginning with case study, ending with postqualitative and with hermeneutic, reflexive, psychosocial, Talanoa, queer, feminist, critical race theory, heuristic, grounded theory, autoethnographic, poetic, and collaborative writing approaches in between.

These chapters introduce and explore the complexity of the specific research approach its assumptions challenges ethics and potentials including examples from the authors own research therapeutic practice and life The book is not a how to guide to methods but rather a stimulus for psychotherapy researchers to think and feel their way differently into their research endeavours This book will be an invaluable resource to postgraduate students practitioners and established researchers in psychotherapy who are undertaking or considering qualitative research for their projects It will also appeal to course tutors and trainers looking for a volume around which to structure a qualitative research methods course

Doing Research in Counselling and Psychotherapy John McLeod, 2022-01-12 From leading researcher and bestselling author John McLeod this new edition of *Doing Research in Counselling and Psychotherapy* is a book for students and practitioners who wish to undertake a small scale publishable research study The focus is on research projects that are appropriate for student and practitioner researchers qualitative interview based research practice based outcome studies case studies and autoethnographic research These different genres of research provide a grounding in the main approaches used in counselling and psychotherapy research This accessible and comprehensive how to guide on conducting a successful research project in counselling and psychotherapy takes you step by step through the research journey initial engagement with the idea of doing research developing a research question appreciating the strengths and limitations of both qualitative and quantitative methods conducting a study and then finally writing up the findings for potential publication Supported by a wide range of case examples and points for reflection as well as extensive on line resources this highly practical introduction to research in counselling psychotherapy and allied disciplines is essential reading for any trainee or practitioner learning about the research process for the first time

Relational-centred Research for Psychotherapists Linda Finlay, Ken Evans, 2009-10-12 An accessible practical introduction to carrying out qualitative research in psychotherapy and counselling for practitioners who want or who are required to contribute to the profession s evidence base Gives clear guidance on how to set up and conduct small scale research that is based in clinical practice Assumes no prior knowledge of qualitative research and is aimed specifically at psychotherapists Recognises development of the evidence base for psychotherapy through qualitative research as a key objective for practitioners

Developments in Qualitative Psychotherapy Research Del Loewenthal, Evrinomy Avdi, 2018-08-30 This book examines developments in qualitative psychotherapeutic research It focuses on different methods and aspects of clinical practice These range from the experiences of service users and clinicians examining in detail different aspects of how therapy gets done in practice to critiquing the politics and ideologies of psychotherapy practice It aims to reflect the diversity that characterises this developing field and to represent practice based research carried out in different clinical settings from different perspectives and in different sociocultural contexts The wide range of research projects presented arise from a network of clinicians and psychotherapy researchers who have established an international transdisciplinary forum for dedicated qualitative research on a range of topics in the

field of mental health using a variety of methodologies and theoretical approaches In the spirit of dialogue this book further provides chapters written by key practitioners in the field of qualitative research in mental health discussing these contributions This book was originally published as a special issue of the European Journal of Psychotherapy Counselling

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