

The background of the slide features a warm, orange-toned image of two hands gently cupping a small, green plant with several leaves. The hands are positioned one above the other, with fingers slightly curled to support the plant. The overall aesthetic is soft and nurturing.

# **Researching Psychotherapy and Counselling**

**RUDI DALLOS AND ARLENE VETTER**

# Researching Psychotherapy And Counselling

**Roy Moodley, Uwe P. Gielen, Rosa Wu**



## **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

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**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

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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

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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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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

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**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

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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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