

# Essential Research Findings

in Counselling and Psychotherapy

THE FACTS ARE FRIENDLY

MICK COOPER

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British Association for  
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# Essential Research Findings In Counselling And Psychotherapy The Facts Are Friendly

**David Mair**



## **Essential Research Findings In Counselling And Psychotherapy The Facts Are Friendly:**

*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

**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

**The SAGE Handbook of Counselling and Psychotherapy** Colin Feltham, Ian Horton, 2012-01-20 Electronic Inspection Copy available for instructors here At about 700 pages and with contributions from more than 100 authors the editors have shown considerable skill not to mention application in sculpting a text that is economically delivered and lucid in its writing Dave Mearns Professor Emeritus University of Strathclyde Glasgow The field of counselling and psychotherapy moves on but *The Sage Handbook of Counselling and Psychotherapy* keeps up Professor Sue Wheeler Director of the Doctoral Programme Institute of Lifelong Learning University of Leicester This book is the definitive text on the theory and practice of counselling and psychotherapy The editors are to be commended Professor Robert Bor CPsychol FBPSS CSci UKCP Reg FRAeS Lead Consultant Clinical Counselling Health Psychologist Royal Free Hospital and Co Director Dynamic Change Consultants [www.dccclinical.com](http://www.dccclinical.com) The what s what from the who s who in

counselling in psychotherapy Professor Del Loewenthal RCTE University of Roehampton This long awaited third edition brings together the fundamentals of counselling and psychotherapy theory research skills and practice It addresses what every successful trainee or practitioner needs to know do think feel and use in a way that is entirely comprehensive accessible and jargon free Including new material on interpersonal psychotherapy cognitive analytic therapy pluralistic therapy and mindfulness as well as body psychotherapy hypnotherapy Asperger Syndrome ADHD and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike Colin Feltham is Emeritus Professor of Critical Counselling Studies Sheffield Hallam University Fellow of the British Association for Counselling and Psychotherapy BACP Senior Registered Practitioner and former co editor of the British Journal for Guidance and Counselling Ian Horton is now retired and was Principal Lecturer in Counselling and Psychotherapy at University of East London Chair of the UKRC Executive a BACP accredited counsellor and UKRC registered independent counsellor He is a fellow of the BACP

*Practising Existential Therapy* Ernesto Spinelli, 2014-11-17 Drawn from the author's experience as an internationally recognised theorist lecturer and practitioner this practical book elucidates the notoriously difficult and distinctly different therapeutic approach existential therapy Balancing theory and practice the book provides trainees with an accessible introduction to the author's own three phase structural model for existential therapy one which has become widely established and used in training and practice Substantially revised and updated throughout Part One examines the philosophical underpinnings essential theory and distinctive features of existential therapy while Part Two goes on to present the author's structural model for practice Both parts are now prefaced by useful schematic overviews which introduce the content and pinpoint key themes in each chapter helping readers to navigate the text with ease Practical exercises encourage further engagement with the text and the themes issues and practices under consideration Seen by existential therapists across the world as one of the most influential books on the topic this new edition is an essential read for all those training practising or interested in existential therapy

**Existential Psychotherapy** Daniel Sousa, 2017-07-20 This book presents a genetic phenomenological approach of existential psychotherapy articulating its theoretical underpinnings with principles supported by scientific evidence and concluding with clinical examples The volume also offers a clear perspective about the relational stances and the therapeutic interventions of existential psychotherapy and how both can be combined and applied in the clinical practice It begins with an overview and update on psychotherapy research from which a set of therapeutic principles are drawn It then conceptualizes the theoretical underpinnings of the genetic phenomenological approach based on three main aspects inner time consciousness the experiential self and the passive synthesis theory It concludes with practical examples of case conceptualizations and clinical cases This work is particularly relevant for trainees students and professionals of clinical psychology and psychotherapy but also other mental health professionals that work in the area of the psychological and psychotherapeutic interventions

*Specialty Competencies in Counseling Psychology* Jairo N.

Fuertes,Arnold Spokane,Elizabeth Holloway,2012-11-01 Counseling psychologists have led the field of professional psychology in many areas including psychotherapy supervision vocational psychology consultation the promotion of human strengths and the use of humanistic and empowering approaches to mental health promotion and treatment As such the specialization may be one of the broadest most flexible and widely applicable specialties in the field of applied and professional psychology In Specialty Competencies in Counseling Psychology Fuertes Spokane and Holloway provide a striking balance of the rich history of the counseling specialty and a thorough articulation of the professional practice domains conducted by the counseling psychology specialist The authors deliver informative examples of each foundational and functional domain of competency as well as a comprehensive discussion of the historic roots that support the specialty's leadership role in professional psychology In addition to interested individuals who wish to learn about the specialization of counseling psychology readers from all specialties who are committed to developing professional competencies in psychotherapy assessment and intervention supervision vocational psychology consultation and contemporary issues having to do with human diversity and multiculturalism will also be served well by reading this volume In order to assist such readers the authors successfully capture how counseling psychology interfaces and overlaps with the other psychology specialties yet also distinguishes itself from them Series in Specialty Competencies in Professional Psychology Series Editors Arthur M Nezu and Christine Maguth Nezu As the field of psychology continues to grow and new specialty areas emerge and achieve recognition it has become increasingly important to define the standards of professional specialty practice Developed and conceived in response to this need for practical guidelines this series presents methods strategies and techniques for conducting day to day practice in any given psychology specialty The topical volumes address best practices across the functional and foundational competencies that characterize the various psychology specialties including clinical psychology cognitive and behavioral psychology school psychology geropsychology forensic psychology clinical neuropsychology couples and family psychology and more Functional competencies include common practice activities like assessment and intervention while foundational competencies represent core knowledge areas such as ethical and legal issues cultural diversity and professional identification In addition to describing these competencies each volume provides a definition description and development timeline of a particular specialty including its essential and characteristic pattern of activities as well as its distinctive and unique features Written by recognized experts in their respective fields volumes are comprehensive up to date and accessible These volumes offer invaluable guidance to not only practicing mental health professionals but those training for specialty practice as well

*Beyond the Frustrated Self* Barbara Dowds,2018-05-11 This book foregrounds the life struggles of an individual Brenda in such a way that argument and theoretical exploration arise organically out of experience The frustration of the title is traced to avoidant attachment pretending not to need others In Brenda this is associated with a body energy pattern that is both over charged and over contained generating a self

frustrating process Such a repressive defence works against her so that she experiences her life as dry soulless and uncreative A variety of existential difficulties are traced to how such core developmental issues interact with our socio cultural environment A way forward is outlined play and finding meaning are identified as transformational hubs that bring wellbeing into Brenda s life and restore her capacity for experiencing

**Innovations in Psychosocial Interventions for Psychosis** Alan Meaden,Andrew Fox,2015-03-24 Despite the steady acceptance of psychological interventions for people with psychosis in routine practice many people continue to experience problems in their recovery The need to develop new approaches particularly for those who are more difficult to engage and have significant co morbidities is therefore important Innovations in Psychosocial Interventions for Psychosis positions psychological formulation as a key organising principle for the delivery of care within multidisciplinary teams The interventions described all have the common theme of supporting recovery and achieving goals that are of primary importance to the service user which targets interventions on broader obstacles to recovery Along with their experienced contributors Alan Meaden and Andrew Fox introduce new developments in psychological interventions for people affected by psychosis who are hard to reach working in a variety of settings with people at various stages of recovery The book is divided into three parts In part one brief interventions and approaches aimed at promoting engagement are described as interventions in their own right Part two is focused on longer term interventions with individuals Some of these highlight new developments in the evidence base whilst others draw on work applied less frequently to psychosis drawing from the broader psychological therapy practice based evidence field In part three attention is given to innovations in group settings and those aimed at promoting greater multidisciplinary working in settings where a whole team approach is needed Each chapter describes the theory underpinning a different approach its development key strategies principles and stages and contain case examples that illustrate the use of the approach in a clinical setting Innovations in Psychosocial Interventions for Psychosis will be an invaluable resource to professionals working with this client group including clinical and counselling psychologists psychiatrists and other allied health professionals

**The Handbook of Individual Therapy** Windy Dryden,Andrew Reeves,2013-11-15 This is essential reading for all who aspire to professional practice to ensure that knowledge and skills are up to date in order to best serve their clients Professor Sue Wheeler University of Leicester It continues to be the book that one turns to when looking for a clear introduction to the broad range of therapies that are offered in the UK today Dr Nick Midgley Anna Freud Centre This classic text has helped over 50 000 students wishing to understand the key counselling and psychotherapy approaches This sixth edition is the most comprehensive update since it was first published in 1984 with 15 newly contributed chapters and 8 updated chapters Each approach now includes a new Research section summarising the research findings an in depth Case Study illustrating how that approach works in practice and an extended Practice section Also covered historical context and development main theoretical assumptions which clients will benefit most strengths and limitations New chapters include

Compassion Focussed Therapy Interpersonal Therapy Mindfulness in Individual Therapy Pluralistic Therapy and The Transpersonal in Individual Therapy This is an ideal one stop shop for trainees of counselling psychotherapy counselling psychology psychology and other allied professions wanting to learn about the most commonly practised therapies today Windy Dryden has worked in the fields of counselling and psychotherapy since 1975 He is author editor of over 200 books Andrew Reeves is a BACP Senior Accredited Counsellor Psychotherapist at the Univeristy of Liverpool and a freelance writer trainer and supervisor He is former Editor of the Counselling and Psychotherapy Research journal Counselling Skills for Social Workers Hilda Loughran,2018-11-20 Counselling skills are very powerful Really listening and providing compassionate empathy without judging is a core part of social work practice with service users This book provides a theoretically informed understanding of the core skills required to provide counselling interventions that work It provides detailed discussion of three core skills which are identified as talking and responding listening and observing and thinking Over 11 chapters these core skills are described in terms of what they mean how they can be learned and developed how they can be used and misused and most importantly how specific skills can be employed in a coherent and evidence informed counselling approach Loughran also looks in detail at the skills required to deliver interventions consistent with three approaches Motivational Interviewing Solution Focused Work and Group work Illustrative case examples and exercises offer further opportunities for reflection and exploration of self awareness as well as for practising and enhancing skills development thus making the book required reading for all social work students professionals looking to develop their counselling skills and those working in the helping professions more generally Terms such as social worker therapist and counsellor will be included as they inform counselling skills in social work EBOOK: An Introduction to Counselling and Psychotherapy: Theory, Research and Practice John McLeod,2019-09-05 John McLeod s bestseller provides a comprehensive research informed overview of the theory and practice of counselling and psychotherapy This new edition has been expanded to cover emerging aspects of contemporary practice such as debates around neuroscience and integration third wave cognitive behavioural therapies such as ACT mindfulness and FAP the experience of being a client motivational interviewing interpersonal psychotherapy social dimensions of therapy leaving therapy gender and sexuality spirituality and key counselling and therapeutic skills and techniques This sixth edition has been fully updated and revised throughout and is separated into a four part structure for easy navigation Each chapter also enhances learning with the following resources Case studies Landmark and contemporary research studies Topics for reflection and discussion Suggested further reading An Introduction to Counselling and Psychotherapy has been the book of choice for students and tutors on introductory courses for over 25 years Professor John McLeod s Introduction to Counselling and Psychotherapy is a classic text In providing a comprehensive perspective on the field it goes well beyond being a mere introduction Not only does it deliver an encyclopaedic amount of information but it also presents this information in an incredibly captivating manner There is simply no other book on the topic to match it This

new edition truly faithful to its predecessors maps new innovations in the context of previous generations viewpoints This is the book on counselling and psychotherapy Ladislav Timulak PhD Course Director Doctorate in Counselling Psychology Trinity College Dublin John McLeod has a talent for bringing readers into intimate contact with the experience of another person s experience Through his evocative descriptions accessible language and plentiful examples you will find yourself looking through the eyes of both clients and therapists and developing a depth of understanding about important processes in psychotherapy His position at the vanguard of psychotherapy research allows him to bring to life the practice of psychotherapy while posing research questions and stimulating curiosity about findings His valuing of varied approaches to psychotherapy invites the reader to connect with diverse perspectives and consider their own beliefs Heidi M Levitt PhD University of Massachusetts Boston USA      Relational Depth Rosanne Knox,David Murphy,Susan Wiggins,2012-12-17 This wide ranging textbook offers a fascinating survey of the latest thinking and research on in depth therapeutic encounters by bringing together the latest theory research and practice on working at relational depth with clients in counselling and psychotherapy By exploring the meaning challenges and experiences of relational depth it provides insight into an important dimension of therapeutic practice and for many will act as a guide to new ways of thinking about their therapeutic relationships This book is an essential read for all trainees and practitioners in counselling and psychotherapy who want to deepen their levels of therapeutic relating      **Counselling Skills and Studies** Fiona Ballantine Dykes,Barry Kopp,Traci Postings,Anthony Crouch,2014-09-22 Are your students looking to use counselling skills to enhance their existing helping role or wanting to take the first steps towards becoming a professional counsellor Well look no further This practical guide will provide them with the ideal way in showing them what helping and counselling is all about Part 1 Counselling Skills will introduce students to the underpinning knowledge and practical tools needed to develop a range of helping skills for use in a variety of helping roles showing them what it means to work safely and ethically Part 2 Counselling Studies will help students take their understanding further by considering in detail important theories and professional issues preparing them to work as a professional counsellor Part 3 Counselling Study Skills will offer practical advice and hints and tips to help students make the best start on their counselling portfolio including journal and essay writing skills research skills and how to get inspired and overcome blocks to their learning Packed full of practical activities and written in a supportive conversational style this book is essential reading for anyone wanting to learn counselling skills or embarking on their first stage of training to be a counsellor      **Existential Therapies** Mick Cooper,2016-10-18 What does it mean to practice therapy in an existential way What are the different existential approaches What are their strengths and limitations Focusing on practical face to face work with clients the book introduces students to six existential therapies highlighting areas of commonality and difference and discusses key figures and their contributions including Yalom van Deurzen Spinelli Frankl and Laing It outlines the critical perspectives and key debates and presents implications for practice reflection and further reading Fully



updated to reflect current issues this book now includes Sections presenting research evidence for each approach An extended case study running through the book demonstrating how different therapies might approach the same case Chapter overviews questions for reflection and additional case studies of actual existential practice

**Short-term Counselling in Higher Education** David Mair, 2015-11-19 As demand for counselling from students across Higher Education HE increases year on year counselling services are continually seeking to explore creative ways of working under the pressure that results from this rise in client numbers One of the most frequent responses to increased demand is limiting the number of sessions that individual students may have Until Short term Counselling in Higher Education there has been no text which provides a contextual theoretical and practical input to this evolving way of working This book explores constructive ways of providing very short term counselling within a Higher Education context Using case studies and employing up to date statistics from the sector the book gives readers a clear understanding of the nature of the professional challenges and offers ways of addressing these including managing waiting lists developing policies to facilitate timely intervention and understanding the limitations of what short term therapy can offer Short term Counselling in Higher Education explores the implications of working in Higher Education counselling services in this very short term way and as such it will be an essential resource for counsellors heads of counselling services and student services managers in Higher Education helping to find ways of delivering effective short term interventions within existing counselling services

**How to Coach: First Steps and Beyond** Bob Thomson, 2020-02-06 How to Coach First Steps and Beyond is an essential guide for anyone starting out in the coaching profession and for existing coaches seeking to develop their craft It is a practical introduction to the theory skills and art of coaching This extremely practical introduction contains numerous case studies showing theory in action aiding in understanding of how to apply theory to actual practice in a variety of settings The book Uses clear uncomplicated language throughout Explains key ideas through brief illustrations from the author s practice and quotes from leading writers on coaching Contains a wide selection of ideas models and exercises to stimulate the reader s learning Encourages students to try things out in conversation and reflect upon and make sense of their experiences How to Coach is a must have book for anyone interested in coaching skillfully ethically and effectively

**Standards and Ethics for Counselling in Action** Tim Bond, 2015-03-23 Get 24 months FREE access to an interactive eBook when you buy the paperback Print paperback version only ISBN9781473913974 To find out more visit <https://study.sagepub.com/counsellingethics> Textbook with free access to counselling videos and other digital resources The fourth edition of this classic text includes FREE access to an interactive eBook edition which gives you on the go access to a wealth of digital resources supporting the print edition It includes 16 counselling scenario videos 16 author discussion videos an interactive glossary journal articles interactive multiple choice questions live links to useful websites including ethical codes and frameworks relevant to the UK and internationally The 16 counselling scenario videos illustrate key ethical topics issues and dilemmas arising in counselling practice including

contracting confidentiality working with a client with suicidal intent counselling in a digital age counsellor self care and much more In the 16 author discussion videos leading expert Tim Bond gives his reflections on each counselling scenario to support you in your ethical practice Other updates to the new edition include three new chapters on Working with Social Diversity Counselling in a Digital Age and Being Accountable Evidence based Practice and Monitoring and new content on reflective practice to encourage ethical mindfulness This is the ultimate guide to standards and ethics in the psychological therapies and a must read for all trainees and practitioners Tim Bond is an Emeritus Professor of the University of Bristol and Visiting Professor to the University of Malta We are putting the finishing touches on all of the carefully crafted tools and resources that will soon be available to you on the interactive ebook Please check back soon to see what the interactive ebook has to offer interactivity only available through VitalSource eBook 9781473913974

**The Therapy Industry** Paul Moloney, 2013-06-07 Across the world anxiety stress and depression are on the increase a trend which looks set to continue as austerity measures bite The official response tells people that unhappiness is just a personal problem rather than a social one Written by a practising psychologist with nearly thirty years experience in the fields of mental health and learning disabilities The Therapy Industry offers a concise accessible and critical overview of the world of psychological practice in Britain and the USA Paul Moloney argues that much therapy is geared towards compliance and acceptance of the status quo rather than attempting to facilitate social change The Therapy Industry fundamentally challenges our conceptions of happiness and wellbeing Moloney argues that therapeutic and applied psychology have little basis in science that their benefits are highly exaggerated and they prosper because they serve the interests of power

Person-centred and Experiential Therapies Paul Wilkins, 2015-11-12 An essential new guide for any person centred trainee or practitioner this book explores some of the key contemporary counselling and psychotherapy approaches that have developed from classical client centred therapy Part One discusses five approaches including Classic Client Centred Therapy Relational and Dialogical Person Centred Therapy Focusing Oriented Therapy Experiential Therapy Emotion Focussed Therapy and Person Centred Expressive therapy Each approach is introduced considered in terms of its history development current context and relevant research as well as exemplified through a range of inspiring vignettes Part Two brings readers up to date with recent developments in the application of person centred practice including creative approaches transcultural counselling work with people who ve experienced trauma as well as those who are experiencing limitations to their ability Written by leading UK based and international authors this authoritative and thought provoking book is a must read for anyone keen to understand the many approaches of person centred therapy

*The Wiley World Handbook of Existential Therapy* Erik Craig, Alfred Laengle, Kirk J. Schneider, Digby Tantam, Simon du Plock, 2019-04-15 An existential therapy handbook from those in the field with its broad scope covering key texts theories practice and research The Wiley World Handbook of Existential Therapy is a work representing the collaboration of existential psychotherapists teachers and researchers It s a book to guide readers in

understanding human life better through the exploration of aspects and applications of existential therapy The book presents the therapy as a way for clients to explore their experiences and make the most of their lives Its contributors offer an accurate and in depth view of the field An introduction of existential therapy is provided along with a summary of its historical foundations Chapters are organized into sections that cover daseinsanalysis existential phenomenological humanistic and integrative therapies and existential group therapy International developments in theory practice and research are also examined

## **Essential Research Findings In Counselling And Psychotherapy The Facts Are Friendly** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Essential Research Findings In Counselling And Psychotherapy The Facts Are Friendly**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Essential Research Findings In Counselling And Psychotherapy The Facts Are Friendly Introduction**

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