

Messer, S.B. (2011). Review of McCleod, J., Case study research in counselling and psychotherapy. *Counselling and Psychotherapy Research*, 11, 85-86.

In order to provide a context for McCleod's very timely and important volume on case study research, I will summarize an article by Stewart and Chambliss (2010) that makes a powerful statement about the relative importance to practicing psychologists of case studies vs. statistically based research data. Psychologists in private practice were randomly assigned to receive either (1) a research review of data from randomized controlled trials of cognitive-behavioral treatment and medication for bulimia, (2) a case study, including treatment by CBT, for a fictional patient with bulimia or (3) both. The practitioners' primary theoretical orientations were cognitive behavioral (40%), psychodynamic (28%), eclectic (20%) and 12% other. The dependent variables were attitudes toward CBT, e.g., how likely they would be to use CBT for a patient with bulimia. The second dependent variable was how willing they were to be trained in CBT or in another treatment of their choice for bulimia .

The primary hypotheses were that clinicians *provided with the case* (1) would find statistical review information about empirically supported treatments (ESTs) more compelling than without the case (2) would be more likely than those who did not receive the case to hold positive attitudes toward CBT for bulimia and (3) would be willing to receive CBT training. These hypothesis were confirmed. In other words, having the case was very important in determining their positive attitudes and willingness to be trained.

The next question was whether the information based on a statistical research review had any impact. Contrary to their hypothesis that participants would pay attention to research by nature of their doctoral training (80% had PhDs; others had PsyDs and EdDs)—the *statistical*,

Case Study Research In Counselling And Psychotherapy

Andrew Reeves



Case Study Research In Counselling And Psychotherapy:

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 Case Study Research in Counselling and Psychotherapy John McLeod, 2010 To read the foreword by Daniel B Fishman PhD Rutgers University click here 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 *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 is 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 *Doing Counselling Research* John McLeod, 2003-06-02 Practical and

accessible this guide to doing research within psychotherapy and counselling has been fully revised and updated and includes new chapters on evidence based practice and practitioner research 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

Doing Research in Counselling and Psychotherapy John McLeod, 2014-11-30 From leading researcher and bestselling author John McLeod this substantially rewritten and restructured third edition is the most accessible and comprehensive how to guide on conducting a successful research project in counselling and psychotherapy Taking you step by step through the research process this new edition includes A list of 9 basic principles for doing meaningful and practically useful research Chapters on basic research skills developing a research question critically evaluating research studies compiling a research proposal using qualitative and quantitative methods and fulfilling the requirements of ethics committees Chapters on 5 main types of research product that can be accomplished by novice researchers qualitative interview studies systematic case studies practice based outcome research autoethnographic inquiry and publishable literature reviews Guidance on how to get your work published Supported by a companion website offering relevant journal articles sample ethical consent forms links to open access research tools and more this is an indispensable resource for any counselling trainee or practitioner learning about the research process for the first time John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee **Qualitative Research in Counselling and Psychotherapy** John McLeod, 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

Handbook of Case Study Research in the Social Sciences Peter Rule, Vaughn M. John, 2024-10-03 In this Handbook Peter Rule and Vaughn M John bring together international experts to provide a thorough overview of case study research in the social sciences Analysing both historical and contemporary examples the Handbook contains a comprehensive grounding for both experienced and novice researchers in case study theory and methodology drawing out the challenges as well as the prospects for its development

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 Counselling and Psychotherapy Andrew Reeves, 2012-11-16 This book is an authoritative introduction to everything you need to know to become a professional therapist It takes you through the entire therapeutic process introducing the theory and applying it to real life practice Drawing on years of experience as a counselling practitioner and researcher Andrew Reeves links counselling and psychotherapy theory to the development of appropriate skills and locates it within the context of therapeutic practice today Engagingly and accessibly written the book is packed with learning features including Chapter Overviews Summaries and a Glossary helping you navigate the book and get the most out of it Discussion Points Skills Practice and Pause for Reflection sections helping you critically engage with and reflect on what you have learned Case Studies and scenarios helping you apply key ideas in practice across settings and modalities Indicated Further Reading and Important Websites supporting your

continued learning This groundbreaking textbook represents a benchmark in understanding and applying the principles and practice of counselling and psychotherapy It s accompanied by a companion website featuring a wealth of chapter by chapter resources for both students and lecturers to use alongside the book From extended case studies through to web resources links and PowerPoint presentations these extra resources will help aid and enhance your learning and understanding Andrew Reeves is a counsellor at the University of Liverpool and Editor of Counselling and Psychotherapy Research journal **The Handbook of Pluralistic Counselling and Psychotherapy** Mick Cooper,Windy Dryden,2015-11-23 A practical resource that your students can return to again and again to guide and coordinate their pluralistic practice it provides Hands on guidance to developing pluralistic practice providing the tools skills and practice frameworks A step by step understanding of how the ideas and methods of different orientations can contribute towards a pluralistic way of working The tools and understandings needed to work with clients to achieve the most common goals The tools and understandings needed to work with clients wishing to address particular issues such as depression anxiety addiction health issues suicidal thoughts An understanding of a range of professional and practice issues relevant to pluralistic practitioners Each chapter offers definitions of key terms several case studies exercises and points for reflection further reading chapter introductions and summaries of key learning points and overviews of relevant research Counselling Psychology David Murphy,2017-09-25 A complete introduction to the theory and practice of contemporary counselling psychology An excellent resource for students at undergraduate or graduate level Counselling Psychology A Textbook for Study and Practice provides valuable insights into the key issues associated with theory and practice in this field The contributors represent a diverse array of approaches reflecting the rich diversity within the area and care is taken to avoid favouring any one approach The book begins with an overview of the historical and philosophical foundations of counselling psychology before taking a detailed look at major therapeutic approaches and exploring issues associated with specific client populations ethics research design and more In particular the text seeks to explain how counselling psychology differs from and informs other areas of contemporary applied psychology The result is an engaging balance of the personal and academically rigorous presented in a highly accessible format An authoritative introduction to and key issues involved with the theory and practice of counselling psychology for students and practitioners at all levels Considers all major approaches to psychotherapy including existential person centered experiential psychodynamic and cognitive behavioural Explores issues commonly encountered when working with specific client groups including children people with intellectual disabilities and emergency trauma victims *Reporting in Counselling and Psychotherapy* Linda Papadopoulos,Malcolm Cross,Robert Bor,2003-09-02 Using clinical examples to guide the reader and a detailed analysis of case study and process report writing this unique hands on guide will show how to present clear concise and properly presented reports *Transforming Research Methods in the Social Sciences* Angelo Flynn,Sherianne Kramer,2019-03-01 A look at the research methods in development across the global South Social science

researchers in the global South and in South Africa particularly utilise research methods in innovative ways in order to respond to contexts characterised by diversity racial and political tensions socioeconomic disparities and gender inequalities These methods often remain undocumented a gap that this book starts to address Written by experts from various methodological fields *Transforming Research Methods in the Social Sciences* is a comprehensive collation of original essays and cutting edge research that demonstrates the variety of novel techniques and research methods available to researchers responding to these context bound issues It is particularly relevant for study and research in the fields of applied psychology sociology ethnography biography and anthropology In addition to their unique combination of conceptual and application issues the chapters also include discussions on ethical considerations relevant to the method in similar global South contexts *Transforming Research Methods in the Social Sciences* has much to offer to researchers professionals and others involved in social science research both locally and internationally

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 **Case Studies in Multicultural Counseling and Therapy** Derald Wing Sue, Miguel E. Gallardo, Helen A. Neville, 2013-08-12 An indispensable collection of real life clinical cases from practicing experts in the field of multicultural counseling and psychotherapy Case Studies in Multicultural Counseling and Therapy is a one of a kind resource presenting actual cases illustrating assessment diagnostic and treatment concerns associated with specific populations The contributors well known mental health professionals who specialize in multicultural counseling and psychotherapy draw on their personal experiences to empower therapists in developing an individually tailored treatment plan that effectively addresses presenting problems in a culturally responsive manner Providing readers with the opportunity to think critically about multicultural factors and how they impact assessment diagnosis and treatment this unique book Covers ethical issues and evidence based practice Integrates therapists reflections on their own social identity and how this may have influenced their work with their clients Considers the intersectionality of racial ethnic class religious gender and sexual identities Contains reflection and discussion questions an analysis of each case by the author and recommended resources Includes cases on racial ethnic minority populations gender sexuality poverty older adults immigrants refugees and white therapists working with people of color Aligns with the ACA s CACREP accreditation standards the APA guidelines for multicultural competence and the AMCD Multicultural Counseling Competencies Interventions in Counseling Mr. Rohit Manglik, 2024-03-12 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels **Researching Psychotherapy And Counselling** Dallos, Rudi, Vetere, Arlene, 2005-08-01 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 **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

Bergin and Garfield's Handbook of Psychotherapy and Behavior Change Michael Barkham, Wolfgang Lutz, Louis G.

Castonguay, 2021-10-05 Celebrating the 50th anniversary of a best selling and renowned reference in psychotherapy research and practice Now celebrating its 50th anniversary and in its seventh edition Bergin and Garfield's Handbook of Psychotherapy and Behavior Change maintains its position as the essential reference volume for psychotherapy research This bestselling reference remains the most important overview of research findings in psychotherapy It is a rigorous and evidence based text for academics researchers practitioners and students In recognition of the 50th anniversary this edition contains a Foreword by Allen Bergin while the Handbook covers the following main themes historical and methodological issues measuring and evidencing change in efficacy and practice based research therapeutic ingredients therapeutic approaches and formats increasing precision and scale of delivery and future directions in the field of psychotherapy research Chapters have either been completely rewritten and updated or comprise new topics by contributors including Characteristics of effective therapists Mindfulness and acceptance based therapies Personalized treatment approaches The internet as a medium for treatment delivery Models of therapy and how to scale up treatment delivery to address unmet needs The newest edition of this renowned Handbook offers state of the art updates to the key areas in psychotherapy research and practice today Over 60 authors experts in their fields from over 10 countries have contributed to this anniversary edition providing in depth measured and insightful summaries of the current field

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