

Evidence-Based Counselling and Psychological Therapies

Research and Applications

Edited by
Nancy Rowland and Stephen Goss



Evidence Based Counselling And Psychological Therapies Research And Applications

Philippa Weitz



Evidence Based Counselling And Psychological Therapies Research And Applications:

Evidence Based Counselling and Psychological Therapies Nancy Rowland, Stephen Goss, 2013-05-13 Evidence Based Counselling and Psychological Therapies assesses the impact of the international drive towards evidence based health care on NHS policy and the provision of the psychological services in the NHS An outstanding range of contributors provide an overview of evidence based health care and the research methods that underpin it demonstrating its effect on policy provision practitioners and patients Their thought provoking chapters look at a variety of relevant issues including generating and implementing evidence cost effectiveness issues practical guidelines practitioner research Evidence Based Counselling and Psychological Therapies is essential for mental health professionals and trainees concerned with this movement which is having and will continue to have a huge impact on the purchasing provision and practice of health care

Handbook of Evidence-based Psychotherapies Chris Freeman, Mick Power, 2007-03-13 At a time when evidence is everything the comprehensive Handbook of Evidence Based Psychotherapies handbook provides a unique up to date overview of the current evidence base for psychological therapies and major psychological disorders The editors take a pluralistic approach covering cognitive and behavioural therapies as well as counselling and humanistic approaches Internationally renowned expert contributors guide readers through the latest research taking a critical overview of each practice s strengths and weaknesses A final chapter provides an overview for the future **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 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

Developing and Delivering Practice-Based Evidence Michael Barkham, Gillian E. Hardy, John Mellor-Clark, 2010-02-05 Developing and Delivering Practice based Evidence promotes a range of methodological approaches to complement traditional evidence based practice in the field of psychological therapies Represents the first UK text to offer a coherent and programmatic approach to expand traditional trials methodology in the field of psychological therapies by utilizing evidence gained by practitioners Includes contributions from UK and US scientist practitioners who are leaders in their field Features content appropriate for practitioners working alone in groups and for psychological therapy services

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

The Ethical Coaches' Handbook Wendy-Ann Smith, Jonathan Passmore, Eve Turner, Yi-Ling Lai, David Clutterbuck, 2023-04-04 What does it mean to be ethical as a coach Just how ethical are you How does ethics influence your coaching and how do you know if you are engaging in ethical practice This important and eye opening volume provides critical insight from the thought leaders in coaching across a full range of ethical issues Presented in four parts this new handbook works to guide the reader towards ethical maturity to strengthen their practice through examination of theory and thought provoking practice examples Part 1 Foundations of

Ethics in Coaching provides a detailed overview of the basic principles of ethical coaching Part 2 Ethics in Coaching Practice details specific examples of where you will need to think ethically and be guided by good ethics within your practice Part 3 Pushing the Boundaries of Ethical Thinking in Coaching dives deeper into topics such as race managing mental health the environment and marketing Part 4 consists of twelve case studies which encourage you to think about putting the theory of the book into practice The Ethical Coaches Handbook will provide ideal support to students practitioners and coach educators looking to deepen broaden and enhance their ethical coaching practice

Supervision of Dramatherapy Phil Jones, Ditty Dokter, 2008-11-19 Supervision of Dramatherapy offers a thorough overview of dramatherapy supervision and the issues that can arise during the supervisory task Phil Jones and Ditty Dokter bring together experts from the field to examine supervision in a range of contexts with different client groups including dramatherapy with children forensic work and intercultural practice Each chapter features theoretical grounding the importance of action methods position in the professional lifecycle application in relation to setting and client groups Using illustrative examples Supervision of Dramatherapy provides practical guidance and theoretical grounding appealing to supervisors and supervisees alike as well as psychotherapists interested in the use of dramatic methods in the supervisory setting

A Short Introduction to Psychotherapy Christine Lister-Ford, 2007-06-18 A Short Introduction to Psychotherapy is an accessible guide to the field for anyone embarking on training or simply interested in finding out more about psychotherapy Mapping the development and dimensions of contemporary practice the book explores the origins of psychotherapy its applications in terms of modalities settings and client populations central theoretical concepts the nature of training and career paths for qualified practitioners main critiques both from within and outside psychotherapy A team of well known and highly regarded contributors examine issues which have particular bearing on psychotherapy today This includes the changing roles for psychotherapists working in primary and secondary care and the demand for practice to be more evidence based A useful summary is provided of existing research into the efficacy and effectiveness of psychotherapy Looking ahead the book also examines the future of psychotherapy and considers the effect that the proposed statutory registration will have on the field Christine Lister Ford is a Director of the Northern Guild for Psychotherapy where she leads the MSc in Integrative Psychotherapy Previously she sat on the Governing Board of the United Kingdom Council for Psychotherapy for 7 years She has chaired International and European Training Standards groups over a 15 year period Her previous publications include Skills in Transactional Analysis Counselling Psychotherapy SAGE 2002 She is a member of the editorial boards of several psychotherapy journals

Motivational Career Counselling & Coaching Steve Sheward, Rhena Branch, 2012-04-20 Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients This book is for you It is the first to combine the theory practice of CBT with career counselling presenting cognitive behavioural approaches to help clients think act more effectively in challenging situations in order to obtain their goals Providing clear practical strategies a wealth of

materials that can be used with clients in one to one or group settings the book introduces theory of cognitive behavioural psychological approaches within the context of career counselling motivational techniques to help clients succeed at interview how to help clients make effective vocational educational choices excel in the workplace professional issues i e assessment tools ethical issues evaluation self management using CBT techniques on yourself This is essential reading for trainees studying for a careers guidance qualification as well as CBT trainees wishing to go on to career counselling Steve Sheward is a Careers Counsellor CBT Therapist working in the NHS He was previously director of the Connexions Service in South London Rhena Branch is an experienced CBT Therapist author teaching the MSc in RECBT at Goldsmith s University

The Modern Scientist-Practitioner David A. Lane, Sarah Corrie, 2007-03-12 Drawing on the latest innovations and research from the fields of anthropology industry philosophy psychology and science David Lane and Sarah Corrie present a new vision of the scientist practitioner model that is dynamic contextualised and synergis

Handbook of Professional and Ethical Practice for Psychologists, Counsellors and Psychotherapists Rachel Tribe, Jean Morrissey, 2004-11 Closer regulation of psychological counselling means that an awareness of the professional legal and ethical considerations is vital The Handbook of Professional and Ethical Practice brings together leading therapists and psychologists who have a wealth of knowledge and experience of their subjects Each chapter places particular emphasis on the current codes of practice and ethical principles underpinning safe ethical practice and the implications for practitioners Comprehensive coverage of the legal clinical and ethical considerations involved in research and training is provided and the reflective questions at the end of every chapter serve to prompt further discussion of the issues The following subjects are covered professional practice and ethical considerations legal considerations and responsibilities clinical considerations and responsibilities working with diversity professional practice and ethical considerations research supervision and training This innovative Handbook provides a supportive guide to the major professional legal and ethical issues encountered by trainees on counselling clinical psychology and psychotherapy courses as well as providing an invaluable resource for more experienced therapists and other members of the helping professions

Making Research Matter Stephen Goss, Christine Stevens, 2015-09-07 Making Research Matter is an original contribution to the growing field of work based learning with a focus on research aimed at developing the practice of counselling and psychotherapy addressing the practice research gap Stephen Goss Christine Stevens and their contributors explore the links between research and professional practice and show how this can impact on practice to make a genuine demonstrable contribution to the development of therapeutic services good practice and the understanding of psychological and social issues The book is divided into two parts Part one gives an account of the thinking ethos and development of work based learning It explores the importance of the in depth rigorous and reflexive inquiry skills needed to sustain research project work Part two presents nine studies of work based psychotherapy or counselling related research Each account sets out the focus and motivation of the study and critically discusses how the research design was

developed the choice of methods employed with an explanation of the outcomes A vital part of each account is a review of how the research has been used to make changes and developments in the work setting Making Research Matter provides insights into the lived experience of the practitioner researcher to stimulate the reader to generate their own ideas for research enquiry It presents a range of proven successful research projects and shows how they have made a difference in the development of theory and practice which lead to positive change better services and more informed practice It will be an essential resource for psychotherapists counsellors social workers and those involved in coaching and clinical psychology

Art Therapy for Groups Marian Liebmann, 2004 First published in 2004 Routledge is an imprint of Taylor Francis an informa company

Psychotherapy 2.0 Philippa Weitz, 2018-05-11 The digital age is both exciting and challenging for psychotherapy opening the door to clients groups previously not able to access psychological help whilst also providing the challenges caused by social media and internet abuse and how these impact on the consulting room Psychotherapy 2 0 blows open the consulting room doors and shows successful pathways for attracting new clients to gain access to psychological help as well as demonstrating that despite initial scepticism working online as a psychotherapist or counsellor can be as effective as face2face work the therapeutic relationship may be different but it remains the centrally important feature for successful psychotherapy It follows therefore that all psychotherapists and counsellors need to be fully informed about the impact of the digital age on their clinical practice Psychotherapy 2 0 covers the key issues for psychotherapists and counsellors who are or are thinking of working online include thinking about psychotherapy in the digital age the requirements to modify training both for working online and also the digital issues as they arise within the face2face consulting room

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

Unsuccessful Psychotherapies: When and How do Treatments Fail? Andrzej Werbart,Osmano Oasi,2021-02-02

Assessment and Case Formulation in Cognitive Behavioural Therapy Alec Grant,Michael Townend,Jem Mills,Adrian Cockx,2008-03-11 An important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different areas Combining practical accessibility with theoretical sophistication this book will be invaluable reading for both beginning therapists and experienced clinicians Jeremy D Safran Ph D Professor and Director of Clinical Psychology New School for Social Research New York Like a powerful river with many tributaries this book somehow manages to weave influences from all kinds of diverse sources into an exciting coherent whole It is everything you d want of a new CBT book for students and practitioners fresh practical accessible James Bennett Levy Oxford Cognitive Therapy Centre Assessment and Case Formulation in Cognitive Behavioural Therapy is a comprehensive guide to key areas of professional knowledge and skill The successful outcome of therapy depends on the therapist s ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work Drawing directly on their own clinical work the authors describe how assessment and formulation should evolve throughout the process The case examples chosen include helping individuals with axis I and II problems such as psychosis depression borderline personality disorder and family case formulation The authors also discuss the importance of the therapist taking into account their own beliefs and emotions in formulating each case and present suggested self practice self reflection trajectories to support continuous professional development in this area Alec Grant is Principal Lecturer and Course Leader MSc in Cognitive Psychotherapy at INAM University of Brighton Michael Townend is Reader in Cognitive Behavioural Psychotherapy and Programme Leader for the MSc in Cognitive Behavioural Psychotherapy and Postgraduate Certificate in Clinical Supervision University of Derby Jem Mills is Managing Director Aurora CBT Ltd and also Cognitive Psychotherapist in Private Practice Adrian Cockx is Community Psychiatric Nurse and MSc in Cognitive Psychotherapy student at University of Brighton

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 2market leader² 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

Integrative Psychotherapy in Healthcare Tricia Scott, 2003-11-25 This unique text provides students and practitioners of counselling and psychotherapy with a much needed guide to working integratively in time sensitive and healthcare settings Drawing on the latest research in neuroscience infant studies and human development this innovative text offers an original framework for identifying key therapeutic metaphors to focus and guide the therapeutic process It will be invaluable to any practitioner psychotherapist counsellor psychologist psychiatrist GP health or social care professional who has opportunities to make a professional therapeutic relationship with clients suffering emotional problems

Cognitive Therapy Dr Diana J Sanders, Mr Frank Wills, 2005-10-18 It is particularly useful that main points are summarised in tables making this a very easy to read book It is evident from the way the material is presented that the authors are experienced therapists who have a deep understanding of the cognitive therapy process per se and the applications of cognitive theory in general Case studies are presented throughout the book to illustrate the theory offering valuable educational material to the readers The book has also been written with an open mind providing a balanced overview of both the strengths and limitations of an evidence based therapeutic model I believe that it will make a useful source for all those professionals who wish to introduce themselves to

cognitive therapy as well as an excellent introductory training textbook Accident and Emergency Nursing This is an excellent summary of the current status of cognitive therapy describing as it does both the basic approach tools and techniques of the traditional model and the more recent developments in the field It is well organized and easy to read usefully illustrated with case examples and each chapter is supported by a specific further reading list In my view it is appropriate for both the cognitive therapist in training and for the more experienced therapist who wants a stimulating and helpful summary of the new ideas in the area and wants to reflect on therapeutic process as much as content Clinical Child Psychology and Psychiatry This volume should be the first stop for mental health practitioners from all disciplines looking for an introduction to the basic art and ideas of cognitive therapy Adrian Wells Professor in Clinical Psychology University of Manchester Diana Sanders and Frank Wills explain the central concepts on which cognitive therapy is based and describe how the model can effectively be put into practice They take the reader through the stages of the therapeutic process emphasizing the practical skills involved and providing examples to illustrate each stage in the process Reflecting recent developments in both theory and practice the Second Edition of Cognitive Therapy has been fully revised and presents an up to date picture of how therapeutic change takes place across a network of cognitive emotional and behavioural functioning reinforcing the holistic trend identified in the first edition This edition also features new sections on applications of cognitive therapy metacognition mindfulness the therapeutic relationship and behavioural experiments As an accessible introduction to contemporary theory and practice Cognitive Therapy is an ideal text for those working or training to work in the psychological therapies and mental health Diana Sanders is Consultant Counselling Psychologist Clinical Associate Oxford Cognitive Therapy Centre and Principal Counselling Psychologist Department of Psychological Medicine Oxfordshire Mental Healthcare NHS Trust Frank Wills is an Independent Cognitive Psychotherapist Bristol and Tutor University of Wales Newport

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