

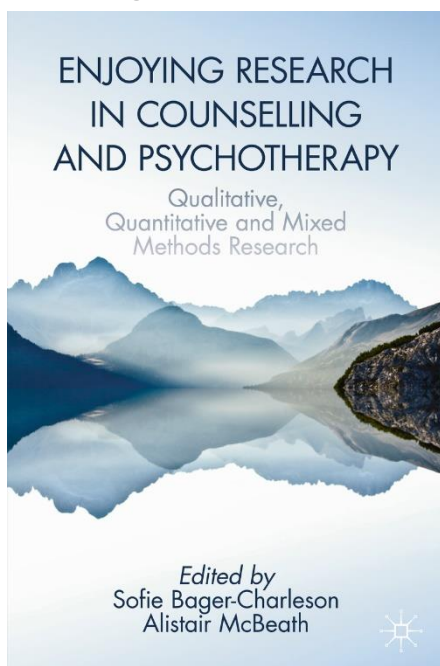
Bager-Charleson, S. & McBeath, A.G. eds (2020) *Enjoying Research in Counselling and Psychotherapy. Qualitative, Quantitative and Mixed Methods Research*. London: Palgrave MacMillan. OI 10.1007/978-3-030-55127-8

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# Enjoying Research in Counselling and Psychotherapy

## Qualitative, Quantitative and Mixed Methods Research

Editors: **Bager-Charleson**, Sofie, **McBeath**, Alistair (Eds.)



This textbook provides a guide to the development of a rigorous and creative research-supported practice for students, practitioners, and researchers in counselling and psychotherapy. With an emphasis on critical thinking and “research mindedness”, it introduces practical research skills and links them to self-awareness and critical reflection.

Learning how to use oneself creatively and effectively in the treatment process is an essential component in therapy training and this level of self-awareness has long been a neglected area in research – until now. With examples ranging from private therapeutic practice to psychiatric related research, each chapter combines ‘how-to-do-it’ advice with illustrative real-life examples. The authors outline the use of a broad range of research methods, embracing Arts- as well as RCT-based research, and covering qualitative, quantitative, pluralistic and mixed methods approaches. Whether you are engaging with research for the first time or already developing

your own research projects, if you are a student at diploma level or taking a Postgraduate research course for counsellors, psychotherapists and counselling psychotherapists, this is essential reading for anyone looking for a book that combines self-awareness with analytical and practical skills.

### Reviews

*"Starting with a fantastic title, this book defies well-worn preconceptions about research. The book demonstrates that research can be enjoyable, that qualitative and quantitative methods are not at loggerheads with each other, and that research can be both rigorous and creative. Reading this book inspires the reader to approach research in the spirit of curiosity and commitment to improving psychological practice, as something that has meaning and purpose beyond the academy".*

(Professor Carla Willig, City University, London)

## **Table of contents (14 chapters)**

### **Introduction: Considering Qualitative, Quantitative and Mixed Methods Research**

Pages 1-12, McBeath, Alistair (et al.)

### **Doing Qualitative Research**

Pages 13-35, Bager-Charleson, Sofie

### **Doing Phenomenological Research. Dwelling with the Mystery**

Pages 37-50, King, Rupert

### **Doing Qualitative Research with Interpretative Phenomenological Analysis**

Pages 51-69, Barton, John

### **Becoming a Narrative Inquirer**

Pages 71-93. Etherington, Kim

### **Doing Constructivist Grounded Theory Research**

Pages 95-114. Langley, Elvis

### **Ethical Research? Examining Knotty, Moment-to-Moment Challenges Throughout the Research Process**

Pages 115-135. Finlay, Linda

### **Doing Qualitatively Driven Mixed Methods and Pluralistic Qualitative Research**

Pages 137-160. Frost, Nollaig and Bailey-Rodriguez, Deborah

### **Doing Quantitative Research with Statistics**

Pages 161-173, McBeath, Alistair

### **Doing Quantitative Research with a Survey**

Pages 175-193, McBeath, Alistair

### **Doing Quantitative Research with Outcome Measures**

Pages 195-212, Duncan, Charlie and McInnes, Barry

### **Doing Mixed Methods Research. Combining Outcome Measures with Interviews**

Pages 213-238, Priest, Alan

### **Understanding Randomized Control Trial Design in Counselling and Psychotherapy**

Pages 239-264, Stafford, Megan R.

### **Navigating the Landscape of 'Evidence' in Research**

Pages 265-278, Broglia, Emma and Knowles, Louise

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### Further Reviews

*“This timely new book beautifully and critically reflects knowledge and insights on a range of research frameworks and methodologies. The editors and authors are to be congratulated on offering and summing up multiple perspectives that empower therapists, research teachers and researchers alike. It offers essential tools to engage in research and developing or sharpening key research skills. ‘Enjoying Research in Counselling and Psychotherapy’ will take its place as a key text for many years to come, particularly as the psychotherapy and counselling professions are increasingly valuing both evidence-based practice and practice-based evidence”.*

Professor Divine Charura, UKCP Research group, Director of the Counselling Psychology Doctorate, York St John University

*“I congratulate the editors and authors to this important book. It is filled with insights into the breadth and depth of research frameworks and methodologies. The book can contribute to the promotion and shaping of high quality practitioner-friendly research. Well done”.*

Professor Michael Helge Rønnestad, Department of Psychology, University of Oslo.

“Enjoying Research in Counselling and Psychotherapy’ lives up to its title and is a pleasure to read! The book is aimed at counsellors and psychotherapists and it clearly speaks to this audience informing about different methodologies and encouraging in equal measure. It is very clearly written, and yet it succeeds in communicating complexity and richness of psychotherapy research methods. I would recommend it as essential reading to all research students and novice researchers”.

Dr Biljana van Rijn, Faculty Head of Research and Doctoral programmes, Metanoia Institute

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