

1. Record Nr.	UNINA9910645896703321
Titolo	Supporting Research in Counselling and Psychotherapy : Qualitative, Quantitative, and Mixed Methods Research // edited by Sofie Bager-Charleson, Alistair McBeath
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Macmillan, , 2022
ISBN	9783031139420 3031139429
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (284 pages)
Disciplina	158.3 616.89140721
Soggetti	Psychotherapy Counseling Psychology - Qualitative research Psychology - Methodology Counseling Psychology Qualitative Psychology Quantitative Psychology Psychological Methods
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	1. Introduction -- 2. Thematic Reflexive Analysis -- 3. Decolonising Research -- 4. Engaging with critical self-enquiry: Doing heuristic research -- 5. Autoethnographic Psychotherapy Research: A Methodology that keeps our 'Heart in Mind' -- 6. Quantitative Practice Based Research -- 7. Dilemmas and decisions in Quantitative Driven Online survey research into Researchers' Mental health and Support -- 8. Using Online Surveys Creatively in Counselling and Psychotherapy Research -- 9. Mixed Methods Research to Build Fences -- 10. Mixed Methods Research: The Case for the Pragmatic researcher -- 11. Dialectical Pluralism (DP) in Counselling and Psychotherapy Research -- 12. Taking Qualitative-driven Mixed Methods Further -- 13. Mixed Methods for Researching Sensitive Topics.

This textbook aims to support counsellors, psychotherapists, and counselling psychologists to develop a creative research-informed practice. Following from the authors' earlier title *Enjoying Research*, the book covers qualitative, quantitative, pluralistic, and mixed methods approaches with a special focus on diversity, researcher support and innovative methods. The book explores research during critical stages like question formulation, data gathering, ethics, analysis, and presentation of the findings. It mixes theory with illustrative real-life, 'how-to-do-it'-examples and reader activities. International experts contribute with examples ranging from arts-based 'decolonising' research to creative use of outcome- and survey-based approaches – with a shared interest in dialogues between 'scientific' and 'aesthetic' (or intuitive, embodied) means of knowing. This is essential reading for anyone looking for a book that combines self-awareness with analytical and practical skills in counselling and psychotherapy related research. Sofie Bager-Charleson is Director of Studies on the MPhil/PhD in Psychotherapy at the Metanoia Institute, and a BACP and UKCP registered psychotherapist and supervisor. She chairs the research group "Therapists as Research-informed Practitioners (TRP)" and is the co-founder of the annual Metanoia Research Academy for practitioners. Sofie specialises in areas relating to professional development and research training. Alistair McBeath is a Chartered Psychologist and UKCP registered psychotherapist. Trained at Regents College and Guys Hospital, he is Director of Studies for the Doctorate by Public Works at the Metanoia Institute. Alistair considers himself to be a researcher-practitioner and is keen to promote this identity within the psychotherapy profession. He also works for an Edinburgh based therapeutic consultancy and is a member of the Editorial Board of the *European Journal for Qualitative Research in Psychotherapy*.
