

Counseling and Psychotherapy Research

Question-

- 1. Abstract of the paper and whether that informs about hypothesis, variables and findings**
- 2. Introduction: Does the paper have a good literature review to the topic in question and is that backed up on the reference list?**
- 3. Method: How did researchers process the information they acquired as to preparing for the topic?**
- 4. Results: Is there a decent representation of findings supporting the hypothesis coming out of the analysis of data?**
- 5. Discussion: Main findings and discussion over them, including strengths, limitations and suggestions for future and/or replication of present research?**
- 6. Conclusion: Are there main points revisited?**
- 7. References: Does the reference list include all references used in this research**

Answer-

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Chapter 1: Introduction

1.1 Background of the study

Psychotherapy is a method of treatment of the mental illness of a patient that includes the interactive process by a mental health professional. The interactions with the patients are done to understand their feelings, emotions, thoughts and behavior in order to solve their problem and help them to lead a normal life (Ivey *et al.* 2012). In addition to this, counseling and psychotherapy are done in order to understand the illness understanding of the patient and also to build up a healthy relationship with the patients in order to meet the goals of the therapy (Claringbull, 2013).

This research proposal will be dealing with 3 chapters namely Introduction which includes the background of the study, research objectives and rationale. The 2nd chapter deals with Literature Review that includes the different approaches to psychotherapy, importance of counseling and psychotherapy, psychotherapy in UK and ethics while conducting this therapy. The 3rd chapter deals with the research methodology that includes the research approach, research design, data collection methods, research ethics, data analysis procedures and limitations of the methodology.

1.2 Research Objectives

The research objectives for this research proposal are hereby mentioned below-

- To understand the importance of counselling and psychotherapy
- To understand the awareness of the people and Government regarding the mental illness
- To see the role of psychotherapists and Government in curing the mental health patients

1.3 Rationale of the proposal

It is seen that now days the mental illness among the people are rising in an alarming rate. There are several causes to this mental illness and the Government and other psychotherapists are working hard to counsel these patients appropriately so that they can lead a normal life like other people. Moreover, this proposal also aims in seeing the awareness and roles of Government in curing the mental health patients.

Chapter 2: Literature Review

2.1 Literature Introduction

According to Larsson (2010) for an effective psychotherapy, a meaningful and a two way communication is essential between the psychotherapists and patients. This helps in establishing a meaningful and reliable relationship between the patients and the professionals. In addition to this, Linton (2012) had a view that it also helps in understanding the situation of the patients, implementation treatments to the patients and thereby evaluating the affects of treatments on the patient.

This chapter of the research proposal will be dealing with the different approaches to counseling and psychotherapy and the importance of it. In addition to this, psychotherapy in UK is discussed along with the ethics regarding this is also discussed.

2.2 Approaches to counseling and psychotherapy

The counselors and psychotherapist have a wide range of approaches for curing their patients that differ from patient to patient. The approaches are thereby discussed below-

Adlerian Therapy- According to Mohatt (2010) this approach also known as individual psychology and is focused on creating a therapeutic relationship between the counselors and patients. This approach is quiet a cooperative, practical and encouraging approach that help clients in looking at their personal values and lifestyle. Westergaard (2013) commented on the fact that the psychologists following this therapy look into the world from the perspective of the client. One of the most powerful weapons to treat the patient through this approach is by encouragement, self confidence and power to act in a different way.

Behavioral Therapy- According to Ridley and Mollen (2012) this therapy is an action based therapy that can also be termed as cognitive behavioral therapy or behavioral modification. This therapy focuses on behaviors that are caused due to specific feelings and thoughts and aims in

eradicating the unwanted and maladaptive behavior. The patient's facing this behavioral disorder suffers from anxiety, addictions and phobias. Stulmaker (2013) had a view that this therapy helps the individuals in learning new and positive behaviors that will help out the individuals suffering from behavioral disorder in the most effective way.

Dialectical Behavioral Therapy- Reeves (2013) commented on the fact that this therapy was developed from cognitive behavioral therapy that aims in applying techniques to the mental patients who are detected with borderline personality disorder. These patients think of attempting suicide and harming oneself. According to Lenz *et al.* (2012) this therapy aims in making the patients mindful, increases their tolerance and also helps in increasing their interpersonal effectiveness. In addition to this, the patients are taught to adopt positive activities that give enjoyment, comparing people those are less fortunate and consider themselves in a better situation, grow up mentality to help others and push away the negative situation.

Eye Movement Desensitization and Reprocessing (EMDR) – According to Westra *et al.* (2007) this psychotherapy aims in resolving the symptoms that arises from disturbing and unresolved experiences in life. This therapy consists of eight phases with precise intentions for making the patients cure to make lead a normal life. The therapists try to solve the problems of the patients by using acceptance therapies. Young (2013) also commented on the view that the therapists initially explore the behavior of the mental patients and develop a common plan for the treatment that includes the primary complaint of the client. Then step by step the therapists uses tactics that help the clients in developing methods for coping up with distressing emotions followed by assessment of the patients. Jacobs (2010) also had a view that the therapist's initiates stimulus to the patients that helps in understanding the associative information that gets into mind of the patients during the stimulus. This procedure is continued until the patient gets totally distressed (Steckl, 2013).

Humanistic Therapy- According to Jungers and Gregoire (2013) this approach takes up a holistic approach where the therapists pay attention to the creative phenomenon such as creativity and free will. The therapists help the clients in developing self actualization among the patients. This helps the patients in understanding the feelings that help in gaining a meaning to their life. Hanley *et al.* (2012) had commented on the fact that there are two techniques of this therapy- gestalt therapy that depends on current feelings and thoughts and client centered therapy that gives a supportive environment to the patients where they can reinstate their original identity.

2.3 Importance of counseling and psychotherapy

According to Houser and Thoma (2013) it is generally seen that the psycho patients generally faces many kinds of hurdles and obstacles in their life that leads them to become negative in their mental approach and loses their self esteem. There are several categories and kinds of psycho patients having different symptoms that are need to be cured by the therapists. Since all the cases are different, the approaches of the therapists have to be different and the most effective way of

dealing these people is through effective counseling. In addition to this Nicholson *et al.* (2010) had a view that these people want to express their thoughts and beliefs which they cannot express due to their fear, loss of encouragement and self confidence. In order to cure these people, a through counseling of these patients needs to be done in order to restore their lost individuality and personality.

Joseph (2010) commented on the fact that counseling helps in building up a strong, healthy and reliable relationship between the psychotherapists and psycho patients. This makes the treatment easier since the patients tend to say out everything about their thoughts, emotions, likings, disliking and problems they are facing with an assurance that the psychotherapists will be helping them in solving their problem. In addition to this, Zuroff *et al.* (2007) commented on the fact that, an effective counseling helps in increasing the enthusiasm of the patients and also increases their expectations to be helped by the psychotherapists. Through an efficient counseling and psychotherapy, the inner fears of the patients are reduced to a considerable level and help the patients in regaining their self esteem and self actualization. Moreover, according to Barros-Bailey and Saunders (2010) an efficient counseling helps in regulating the excess emotional erection of the patients and also encourages them for adopting new creativity and engagements that helps the minds of the patients to get diverted from negativity of their life.

Moreover, Makinson and Young (2012) had a view that a good counseling makes the therapists emphatic toward the patients that helps in getting to know them more closely that helps in adoption of efficient techniques for their cure. It also helps in identifying the capabilities of the patients and the psychotherapists encourages and motivates them to get more involved in the things the patients love to do rather than staying laid back and thinking negative of their life.

2.4 Psychotherapy in UK

According to Lucas (2012) psychotherapy in UK is regulated voluntarily and the national registers for counselors and psychotherapists are thereby maintained by 3 bodies namely- Unite Kingdom Council for Psychotherapy (UKCP), British Psychoanalytic Council (BPC) and British Association for Counselling and Psychotherapy (BACP). The UKCP came into force in the year 1993 that aims in promoting and maintaining the profession of psychotherapy and thereby providing high standards of psychotherapy to the people of UK for their benefit. UKCP is controlled by a board of trustees and constitutional documents that evaluates the performance of the organization in fulfilling the objectives of the charity. Hayes, S., Pistorello and Levin (2012) commented on the fact that UKCP is committed in fulfilling the objectives for which the organization has been set up, does a good market research to keep itself updated with the current news and researches and discusses about various methods of improving the treatment of the patients.

Houser and Thoma (2013) commented on the fact that BPC is quite active in working across the public and they are focused in meeting their objective of providing good mental care to the patients across UK. They have their code of ethics that are regulated by BPC's own regulatory body. According to Mohatt (2010) this organization trains the psychotherapists and exists in order to protect the interests of the public and treat them in the most innovative and effective

way. This council also focuses on maintaining a relationship between the therapists and the patients and also maintains the individual confidentiality of the patients.

According to (Claringbull, 2013) the BACP that came into existence in 1970 is a huge organization that has many counselors registered with it around UK. The organization is constituted by a number of membership categories depending on the level of experience, involvement and training. The main aims of the organization are to provide the psychotherapists enough training and education through which the counselors provide a high standard of treatment to the patients. In addition to this, Joseph (2010) commented on the fact that BACP is also responsible for creating awareness among the people about the psychological people and also educates them to treat these people with care.

2.5 Ethics of counseling and psychotherapy

According to Fijałkowska (2012) the psychotherapists and counselors maintain the codes of ethics in order to safeguard the interests and individuality of the psycho patients. The code of ethics that are followed are discussed below-

Maintaining confidentiality and protecting the patient's safety- Delany (2012) had a view that the confidentiality of the patient's cases needs to be maintained in order to safeguard their self interest and self dignity. The therapists have to be trustworthy so that the patients can openly discuss their problems with him to get a successful way out of the problem they are facing. In addition to this Lenz *et al.* (2012) commented on the fact that the therapists need to be ethical and responsible to protect the safety of the patient's. The patients will have the reliability to trust the therapists if they feel that their dignity and information is safeguard with them.

Enhancing the quality relationship with the patients- According to the codes of ethics (Ivey *et al.* 2012) had a view that the therapists need to maintain a good relationship with the patients. This is because, on the basis of the good relationship, the patients will find the confidence and eagerness to share their emotions, thoughts and feelings with the therapists. According to Lenz *et al.* (2012) from the side of the therapists, they also need to be empathetic towards the patients to gain their trust and belief for providing them a good treatment so that the psycho patients can lead a normal life like others.

Respecting human rights and dignity- Stulmaker (2013) commented on the fact that it is the responsibility of the psychotherapists in maintaining the human rights and dignity to all the patients and treating each one of them equally. This encourages the patients in opening up themselves to the therapists so that they are cured more accurately and methodically. In addition to this, Mohatt (2010) had a view that through counseling the human rights of the patients need to be maintained and all the patients need to be given equal dignity and rights. Mocking or making fun of the patients gives an adverse effect on the mentality of the patients and the patients tend to lose their dignity and self confidence.

Taking up fair methods of counseling as well as psychotherapy services- According to Joseph (2010) the therapists need to take up fair methods of counseling of the patients. This is because, the more fairly the decisions will be taken, the more appropriate will be the decisions for the patients. The patients will be more dependent on the therapists and will tend to interact with them freely regarding their problems that they are facing with.

2.6 Literature Conclusion

This chapter deals with an elaborate discussion on the approaches regarding the counseling and psychotherapy, the importance's of it along with effectiveness of UKCP, BPC and BACP in providing efficient counseling and psychotherapy. In addition to this, the ethics and codes of conduct that is essential to maintain while counseling the psycho patients are also discussed.

Chapter 3: Research Methodology

3.1 Methodology Introduction

Research methodology is a methodical approach that helps the researcher in understanding the relevance of data that are collected for successfully carrying out the research (Hill, 2011). This chapter will be dealing with the research approach along with research design and data collection methods with its analysis. In addition to this, the ethics regarding the data collection and limitations are also discussed.

3.2 Research approach (Deductive Approach)

In order to conduct this research, the researcher has taken deductive research approach as this approach progresses from an elaborate analysis towards specific analysis (Jones, 2013). The theory adopted has been assumed to be true and an in depth analysis of the topic is done for accepting or rejecting the hypothesis. The researcher has planned to choose exploratory research design that helps in answering the questions asked in the context individually.

3.4 Research design (Descriptive Approach)

Out of the three research designs, the researcher has adopted deductive research approach. This is because; the researcher describes the different theories of counselling and psychotherapy that helped the researcher in understanding the research proposal to the maximum extent (Joseph, 2010).

3.3 Data collection methods- Quantitative and Qualitative approach

The data is collected is through primary and secondary sources. The primary sources includes both quantitative and qualitative questionnaire. The therapists and nurses are asked the quantitative questions regarding the counselling and the head of the psychotherapy departments of some hospitals are asked qualitative questions. The secondary sources of collecting data are the magazines, articles and journals related to this topic.

Qualitative Research Methods

Qualitative Data is effective in recoding the data in the narrative form in order to describe the research topic in more impressive way. Moreover, the researcher can be able to gain information from the respondent in free way (Hill, 2011). On the other hand, the respondent may not be bounded and he/she can deliver the information in most appropriate manner and can provide the reason behind any adopted strategy to tackle the mental illness and future plan which may not be possible only through circulating questionnaire with close ended questions (Young, 2013). Therefore, the researcher can adopt different methods for acquiring the qualitative data.

Methods of Qualitative Data

Individual Interviews: The interview can be conducted with the respective personnel or authoritative person. Therefore, in order to conduct interview, the head of psychotherapy departments will be taken into consideration and their permission will be sought so that they can effectively involve themselves in the survey (Cameron, 2009). Five different heads of the department will be contacted so that operation of each department can be known and their steps towards the mental illness can be known. Apart from that, an effective comparison can be made from the responses of head that which department is successfully and impressively meeting the challenges of mental illness. On the other hand, the interview will be feasible as the researcher can communicate with the respondent face to face and can receive real information which may be not possible in gaining information from other methods (Gomm, Hammersley and Foster, 2000).

Focus Groups: Apart from the individual interview, focus group interview can be effective too, to obtain data from a small set of people. The researcher can gather required information in one session only. Therefore, the researcher may not have to visit individually to each selected respondent to receive information (Bartlett, 2012). Thus, the researcher can request to the head of the different departments to visit to a particular place so that they can be interviewed at one time. Apart from that, it can be hard for the researcher to record the viewpoints that will be delivered by the respondents (Pierce, 2012). Therefore, in that case, the researcher can use the video or audio recorder so that forwarded points can be recorded that can be further used in the research for analyzing the effectiveness of the data.

Observations: The behaviour of the participants or respondents can be studied which can be helpful in collecting valuable information. The reaction of the respondent will be acknowledged for each question to know whether the respondent is delivery the answer in confident way or in hesitant way (Hardy, 2012). On the other hand, the role of head of psychotherapy departments will be observed in enforcing their activities to treat mental illness and also their approach. This can let the researcher know the act of the respective heads in number of hospitals which will be useful in gathering information for further analysis. Apart from that, the researcher has to seek the permission from the respective authority or hospitals to conduct the survey or observational study (Mills, 2012).

Thus, it can be understood that different qualitative methods can be useful for the researcher to collect information. In order to conduct the qualitative research, heads of psychotherapy departments of five hospitals in UK will be taken in account as they can provide information relating to the strategies implemented by them to overcome the issue of mental illness.

Qualitative Questionnaires

1) How far the Government and the regulatory bodies are effective in counselling the psycho patients?

Hypothesis 0: Government and regulatory bodies are effective in providing counselling to psycho patients

Hypothesis 1: Government and regulatory bodies are not effective in providing counselling to psycho patients

Justification: From the set hypothesis, the researcher can be able to know the viewpoints of the participants or say head of the psychotherapy department of five hospitals. Therefore, it can be clear that whether the government or different regulatory bodies provide counselling to psycho patients and if provide than at what level.

2) How far the organizations are efficient enough to maintain the codes of conduct?

Hypothesis 0: Organisations are efficient enough in maintaining the code of conduct

Hypothesis 1: Organisations are not efficient enough in maintaining the code of conduct

Justification: The proposed hypothesis will let researcher know whether the organisations are following the code of ethics or not in treating the patients. Moreover, it will provide details about the whether the patients are provided higher interest or not and carrying their responsibility in highest level or not.

3) Do the strategy adopted by the hospitals is helpful for the mental ill people?

Hypothesis 0: The strategy of hospital is beneficial for psycho people

Hypothesis 1: The strategy of hospital is not beneficial for the psycho people

Justification: It will help in knowing the different strategy adopted by the hospitals to support mental ill people and comparison can be made of the strategy of different hospitals. Moreover, the researcher can be able to understand what benefits has been received by the patients and what is the level of their improvement.

4) Do the psychotherapists take up their job seriously in curing mental illness?

Hypothesis 0: Psychotherapist is entirely involved in curing mental illness

Hypothesis 1: Psychotherapist is not entirely involved in curing mental illness

Justification: Through the above hypothesis, the role of psychotherapist will be understood and what is the level of their involvement with the mental health patients. Moreover, the number of psychotherapists in one hospital can be known and whether they provide effective treatment or not.

5) Does the hospital have right equipment to provide required benefit to the mental health patients?

Hypothesis 0: Hospital holds equipments that provide large benefit to the mental ill patients

Hypothesis 1: Hospital holds equipments that do not cater impressive benefit to mental ill patients

Justification: The above drawn hypothesis will make the researcher know the whether the hospital comprises advanced and latest medical equipment to treat the mental ill patient or not.

Quantitative Research Methods

Quantitative Data is effective in studying the natural phenomena which emphasizes on the mathematical, statistical and numerical analysis of the information has been acquired by the researcher. Moreover, a relationship can be developed among the independent variable and the dependent variable within a respective population. According to Blaylock and Kopf (2012), quantitative research design can be both experimental and descriptive. The descriptive design can be measured only once whereas the experimental design can be measured after and before the treatment. Further, the researcher can obtain data via structured research instruments and the results can be relied on wide sample sizes which may not be possible under qualitative method. Therefore, the researcher clearly defines the research questions for that objective response is sought.

Methods of Collecting Quantitative Data

Questionnaires: As per Gallagher (012), questionnaires are usually considered as easy and logical alternative to acquire the desired information. Therefore, the researcher can concentrate upon designing the questionnaire so that valuable information can be sought from the nurses and therapist of the hospitals in UK. The researcher can develop close ended question for the selected respondents. The respondent can provide effective knowledge relating to counselling and therapy that are provided to the mental ill patients. Thus, the researcher can obtain wide numbers of responses and can be analysed statistically (Walsh, 2012). Apart from that, the researcher may

face problem in gaining required response rate. Thus, the researcher has to persuade the respondents in deliberate manner to complete the survey and in ethical manner. The researcher can jot down number of question which can be relevant to the proposed topic so that accurate answer can be received and purpose of the research study can be fulfilled (Martin and Bridgmon, 2012). On the other hand, the researcher has to seek permission from the head of the hospitals to carry the research survey.

Experimental Research: Creswell (2012) discussed that experimental research normally guided by hypothesis. The experimental research can help the researcher in formulating hypothesis which can provide detail to researcher whether the design hypothesis proves or disproves the statement. Moreover, the researcher can be able to explain most of the phenomena through experiment research and can receive better understanding of the research study. Thus, the researcher can analyse the data in the form of numerical.

Apart from that, the other sources for acquiring quantitative data can be:

Existing Institutional Data: The already published data can be effective for the researcher to have deep insight knowledge about counselling and psychotherapy which are practiced in number of hospitals. Therefore, it can be considered as secondary research and researcher can use the data that can be relevant to the proposed topic (Martin and Bridgmon, 2012). Moreover, the previous data can be easily deducted that may relate with the study and comparison can be made to know the success level of counselling and therapy in the hospitals.

Thus, after considering all the different methods of acquiring quantitative data, the researcher can decide upon conducting online questionnaire survey as it will the researcher to study large numbers of sample size with ease that can be effective in analysing the responses in most feasible manner.

Population and Sample

Population is expressed as a cluster of people that may be indirectly or directly involved in the process of research. Therefore, for conducting the quantitative research, nurses and psychotherapist will be included in the survey in order to receive information on the counselling and psychotherapy and their importance. On the other hand, the researcher may not be able to consider all the population, therefore, smaller portion of the population has taken as sample.

Sampling Technique

The researcher can select sample on random basis to know the effectiveness of counselling and psychotherapy and it can correlate with the research topic criteria. Therefore, simple random probability sampling has been considered for the quantitative research (Hardy, 2012). On the other hand, the researcher has used online questionnaire to get responses or feedback from the selected participants.

Sample Size

In order to study the quantitative research techniques, total 60 nurses and psychotherapist has been selected. The researcher has concentrated on the 60 sample as it will help the researcher to have average understanding about counselling and psychotherapy and it can make clear what kind of approach has been followed in rest of UK's hospital.

Quantitative Research Questions

1) For how long you have been associated with this hospital?

Options	Response
6 months	
1 year	
2 year	
More than two year	

2) How far you satisfied with the counselling practice adopted in hospital?

Options	Response
Strongly Satisfied	
Satisfied	
Neutral	
Dissatisfied	
Strongly Dissatisfied	

2) How far do you think the people are aware of psychotherapy and counselling of psycho patients?

Options	Response
Very Likely	
Likely	
Average	
Less	
Very Less	

3) How much success have you received through effective counselling and psychotherapy?

Options	Response
0- 25%	

26% - 50%	
51% - 75%	
76% - 100%	

4) How far you agree that psychotherapist is effectively carrying their job?

Options	Response
Strongly Satisfied	
Satisfied	
Neutral	
Dissatisfied	
Strongly Dissatisfied	

5) Are you satisfied with the different therapy provided by the psychotherapist?

Options	Response
Strongly Satisfied	
Satisfied	
Neutral	
Dissatisfied	
Strongly Dissatisfied	

6) Are you satisfied with the support provided by the Government?

Options	Response
Strongly Satisfied	
Satisfied	
Neutral	
Dissatisfied	
Strongly Dissatisfied	

7) How far you agree that standardisation is maintained in treating mental health patients?

Options	Response
Strongly Agree	

Agree	
Neutral	
Disagree	
Strongly Disagree	

8) How far you agree that therapy and counselling is effective in improving the health of patients?

Options	Response
Strongly Agree	
Agree	
Neutral	
Disagree	
Strongly Disagree	

9) Are you satisfied with the working environment of the hospital?

Options	Response
Strongly Satisfied	
Satisfied	
Neutral	
Dissatisfied	
Strongly Dissatisfied	

10) Do you agree the practice of psychotherapist should be changed?

Options	Response
Strongly Agree	
Agree	
Neutral	
Disagree	
Strongly Disagree	

The above drawn questionnaires can be useful for the researcher to collect valuable data which can be further analysed to deliver effective result and thus, effectiveness of psychotherapy and counselling of mental health patients can be known.

3.4 Research Timeline

Refer to Appendix, Table 1.

3.5 Research ethics

While conducting this research, the researcher has maintained the code of ethics by preparing the questions in such a manner that it will not hurt the sentiments of the people. In addition to this, the respondents were not forced to answer the questions.

3.6 Limitations of the methodology

The time limitation is one of the major limitations to this research along with shortage of finances. Moreover, the therapists will always say positive things about their conduct which is not always reliable.

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