



# An Introduction to Research in Counselling and Psychotherapy

*John McLeod*

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## **An Introduction to Research in Counselling and Psychotherapy John McLeod**

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's 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.

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