



# Using Research in Counselling and Psychotherapy

*John McLeod*

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## Using Research in Counselling and Psychotherapy John McLeod

In this book bestselling author John McLeod examines the multiple ways in which research can be used to inform and enhance counselling practice. The author discusses how research impacts on policy and practice, covering research knowledge, values, research awareness and skills. Further chapters cover:

- Using research to understand the therapy process and outcomes
- Using research to make sense of other lives
- Using client feedback to enhance practice
- Using research to build professional networks and effective organisations.

The book can be used throughout training on counselling, psychotherapy and counselling psychology courses, to support the development of professional competencies and personal development. It will also be valuable reading for both practitioners and researchers.

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