

## Mini Research Project - Example Activities for CBT-L5 and PC-L5

The following suggested activities are designed to introduce learners at level 5 to the process and ethical context of conducting counselling research and to guide them through a manageable and small-scale research project which leads to new understanding of their own client work. The material for this research project should be based on work with a real client.

### **(1) Case Study Research**

The suggested stages of this project are:

- Explanation of research method(s) with a brief summary of the advantages and disadvantages.
- Description of ethical procedures and ethical decision-making for undertaking this piece of research including how client consent was managed.
- Copy of client consent form.
- Case study of work with a client using CPCAB external assessment case review format. The same one cannot be used for EA if assessed by a tutor.
- Client completes feedback form e.g. HAT questionnaire/Working Alliance questionnaire at the end of the work.
- Therapist's reflections and conclusions following client feedback on the counselling process including reflections on how the research process may have impacted on the client, the process and the client feedback.

### **(2) Session Transcript Analysis**

The suggested stages of this project are:

- Explanation of research method(s) with a brief summary of the advantages and disadvantages.
- Description of ethical procedures and ethical decision-making for this piece of research including management of client consent and recorded material.
- Copy of client consent form.
- Recorded session with a real client.
- Therapist makes process notes of the session using structured headings to match chosen client feedback form e.g. Helpful Aspects of Therapy (HAT) or Working Alliance questionnaire.
- Client completes HAT questionnaire/Working Alliance questionnaire after the session.
- Therapist chooses significant 10-15 minute section of recorded session and transcribes it with commentary using own and client feedback.
- Therapist's reflections and conclusions following client feedback on the counselling process including reflections on how the research process may have impacted on the client, the process and the client feedback.

### Suggested reading and resources:

- Cooper, M., (2008). *Essential Research Findings in Counselling and Psychotherapy: The Facts are Friendly*. 1<sup>st</sup> ed. London: Sage
- Loewenthal, D. and Winter, D. (2006) *What is Psychotherapeutic Research?* London: Karnac
- McLeod, J. Elliott, R. and Wheeler, S. (2010) *Training counsellors and psychotherapists in research skills: a manual of resources* Lutterworth. BACP
- McLeod, J. (2010) *Case Study Research in Counselling and Psychotherapy* 2<sup>nd</sup> edition London. Sage
- McLeod, J. (2003) *Doing Counselling Research* London. Sage
- McLeod, J. (2019) *An Introduction to Counselling and Psychotherapy: Theory, Research and Practice* London: Open University Press
- Midgley, N., Hayes, J. and Cooper, M. (2017) *Essential Research Findings in Child and Adolescent Counselling and Psychotherapy* London: Sage

### Sources for Suggested Outcome Measure/Feedback Forms

- Helpful Aspects of Therapy (HAT) form (open-ended descriptions) <http://www.experiential-researchers.org/instruments/elliott/hat.pdf>
- Working Alliance Inventory – short form (12 item) [Downloads | Working Alliance Inventory \(profhorvath.com\)](#)