



# Qualitative Research in Counselling and Psychotherapy

*John McLeod*

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## **Qualitative Research in Counselling and Psychotherapy** John McLeod

The need to show how and why counselling works has led to an explosion of research activity, and a growing focus on research in counselling and psychotherapy teaching and practice. Yet this book, even now in its second edition, stands alone in addressing qualitative research in therapy.

Leading expert John McLeod helps readers through each stage of the research process, explaining techniques for gathering data, writing up the study and evaluating the findings. Each qualitative method is clearly described and critically assessed in terms of its own strengths and weaknesses. Examples from actual research studies are given to show how the methods work in practice. This new edition incorporates developments in qualitative research over the last ten years and includes eight new chapters, covering:

-interpretative phenomenological analysis (IPA)

-autoethnographic methods

-action research

-case study methods

For all those involved in research - whether as part of academic study or in practice -this book will be essential reading. As an introduction to qualitative methods, it is the perfect course text for all training programmes in counselling, counselling psychology and psychotherapy, and will also be of interest to those who work in areas such as psychiatry, clinical psychology and mental health nursing, or who provide counselling in other professional areas such as teaching, nursing and social work.

McLeod is Professor of Counselling, University of Abertay Dundee.

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