

Timulak

## Research in Psychotherapy and Counselling

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"Timulak's aims, to clarify research and its value for practice, and to alert people to its 'limitations and potential misuse', have certainly been achieved. This book deserves a place in every professional library and I recommend it to anyone who is interested in understanding more about research" - Therapy Today, May 2009 'An authoritative text, providing a first-rate outline of the specific methods that counselling and psychotherapy researchers use, and illustrated through a wealth of examples' - Professor Mick Cooper, Senior Lecturer in Counselling, University of Strathclyde 'The content is comprehensive and covers the full range of knowledge and information that a trainee psychologist/psychotherapy researcher would want to have... It offers a general overview of psychotherapy research methods and their logic which is not duplicated in any book that I know of' - Georgia Lepper, Senior Lecturer in Psychotherapy, University of Kent

Research in Psychotherapy and Counselling is a guide to methods used in studying the outcomes and processes of therapy. Introducing a range of methodologies which are used internationally, the author describes different research designs and illustrates them through examples of actual studies. Presenting the findings from key studies, he clearly demonstrates the usefulness of the research in therapeutic practice. Research in Psychotherapy and Counselling is ideal for researchers and for students on courses in counselling, psychotherapy, clinical and counselling psychology and psychiatry. Ladislav Timulak is course director of the MSc in Counselling Psychology at Trinity College, Dublin. He previously worked at the University of Trnava, Slovakia, and has extensive practical experience in the field of counselling and psychotherapy, as well as experience in conducting psychotherapy training.



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