

# Essential research findings

Essential research findings in counselling & psychotherapy - the facts are friendly  
Front cover  
Mick Cooper, University of Strathclyde

Publication date - September 2008

256 pages

ISBN: 9781847870438

Published in association with SAGE Publications

£15.99 BACP members

£18.99 Non-member

Do some forms of therapy produce more effective outcomes than others?

How important is the relationship between client and therapist?

Which clients get the most out of therapy?

Essential Research Findings in Counselling and Psychotherapy answers the above questions and more, and aims to provide trainees, practitioners and researchers within counselling and psychotherapy with a comprehensive, accessible and user-friendly introduction to research findings in the field. It introduces the background behind the challenge of research and offers a concluding discussion based around the concept that the research findings can in fact be friendly.

Therapy research is rarely communicated in a clear and concise way, and this book aims to give a jargon-free overview of research findings to trainers and practitioners at all levels. It provides information on how to practise counselling and psychotherapy in an effective way, and also offers throughout, definitions of key terms, questions for reflection, notes regarding implications for practice, and suggestions for recommended reading, making it an ideal text for training purposes.

The book aims to interest a wide readership, including those in related fields - such as policy developers, service managers, social workers and general practitioners. It will inform about the impact of counselling and psychotherapy, and the particular ways of working that may be most effective within specific contexts or with specific client groups.

The book should also prove to be a valuable resource to users and potential users of counselling and psychotherapy services, offering information which will aid in finding the most appropriate therapist, and will help the reader to make the most of counselling and psychotherapeutic services.

## Testimonials

"Mick Cooper has a wonderful ability to write about complex things in a clear accessible way... The facts may be friendly and in my opinion they are also fascinating... This is a comprehensive guide to what the evidence tells us so far - essential reading for practitioners, trainees and indeed clients themselves who want to understand more about the knowledge base of the powerful tool that therapy is"

Laurie Clarke, BACP Chief Executive

"A fantastic accomplishment. Mick Cooper brings together a vast amount of material in a relevant and interesting way"

John McLeod, Professor of Counselling, University of Abertay Dundee

"As a scholar of psychotherapy research I highly recommend this book as a remarkable summary of findings and their implications for practice as we enter the 21st century. Essential information to consider by professionals and students alike as they become more effective practitioners"

Michael Lambert, Professor of Psychology, Brigham Young University

For a further summary of the findings of the book, please view Mick Cooper's video below:

To view part 1 [click here](#)

To view part 2 [click here](#)

To view part 3 [click here](#)

To order a copy of the book from the online book shop please [click here](#) Alternatively you can order by calling BACP on 01455 883300