

Practitioner research - how I came to like green eggs and ham

Dr Clare Symons - BACP Head of Research

www.bacp.co.uk

Overview

My journey into research

Why research is important in our field

The work of the BACP research team

Practical tips for getting involved with research

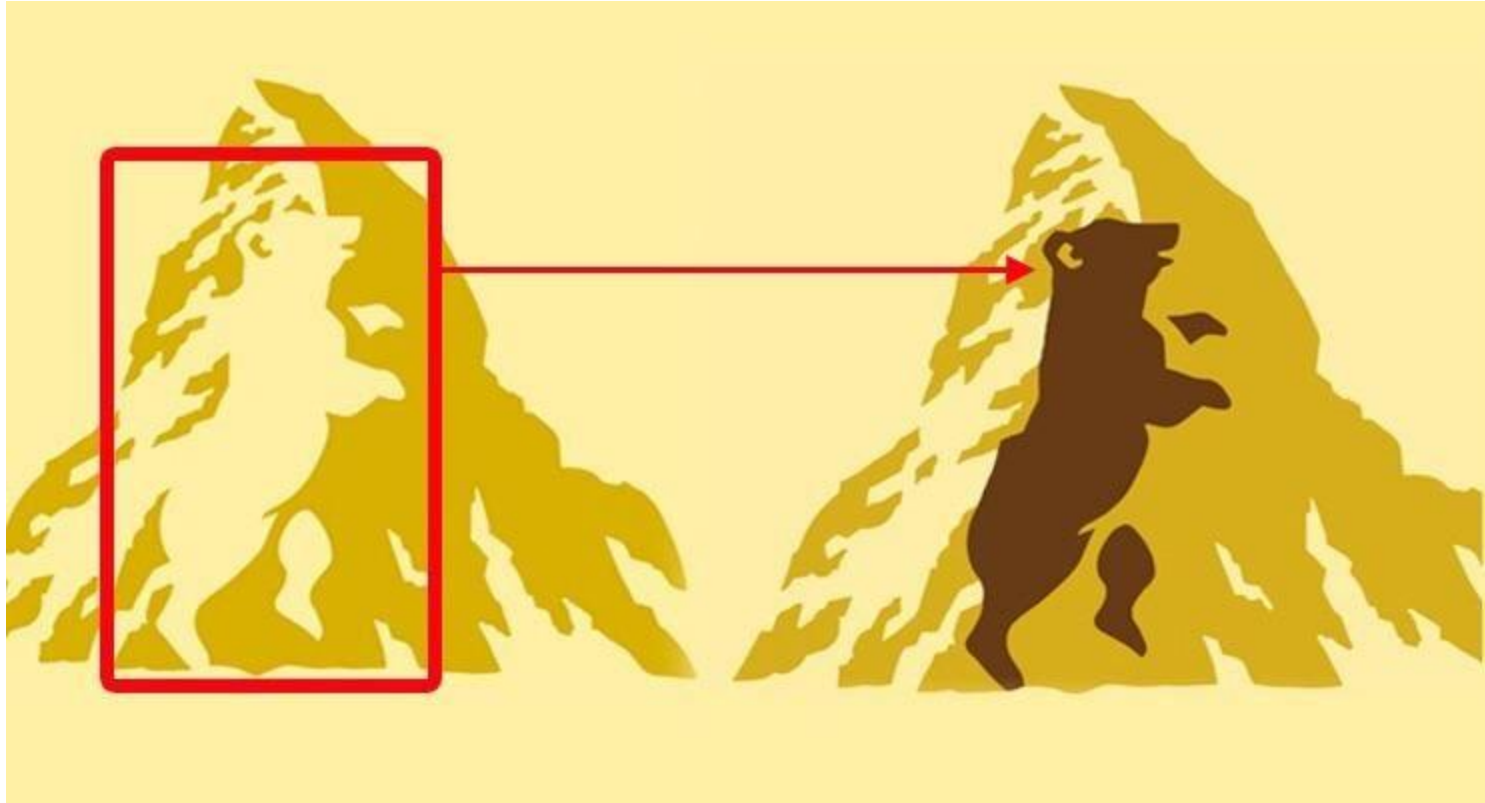
Routine outcome measurement - a place to start?











Research - a superfood!

Engaging with high-quality research has benefits

- in our practice
- for services
- for policy and commissioning, nationally and internationally
- supports and enhances the credibility of our field

THE CLASSIC
COLLECTION

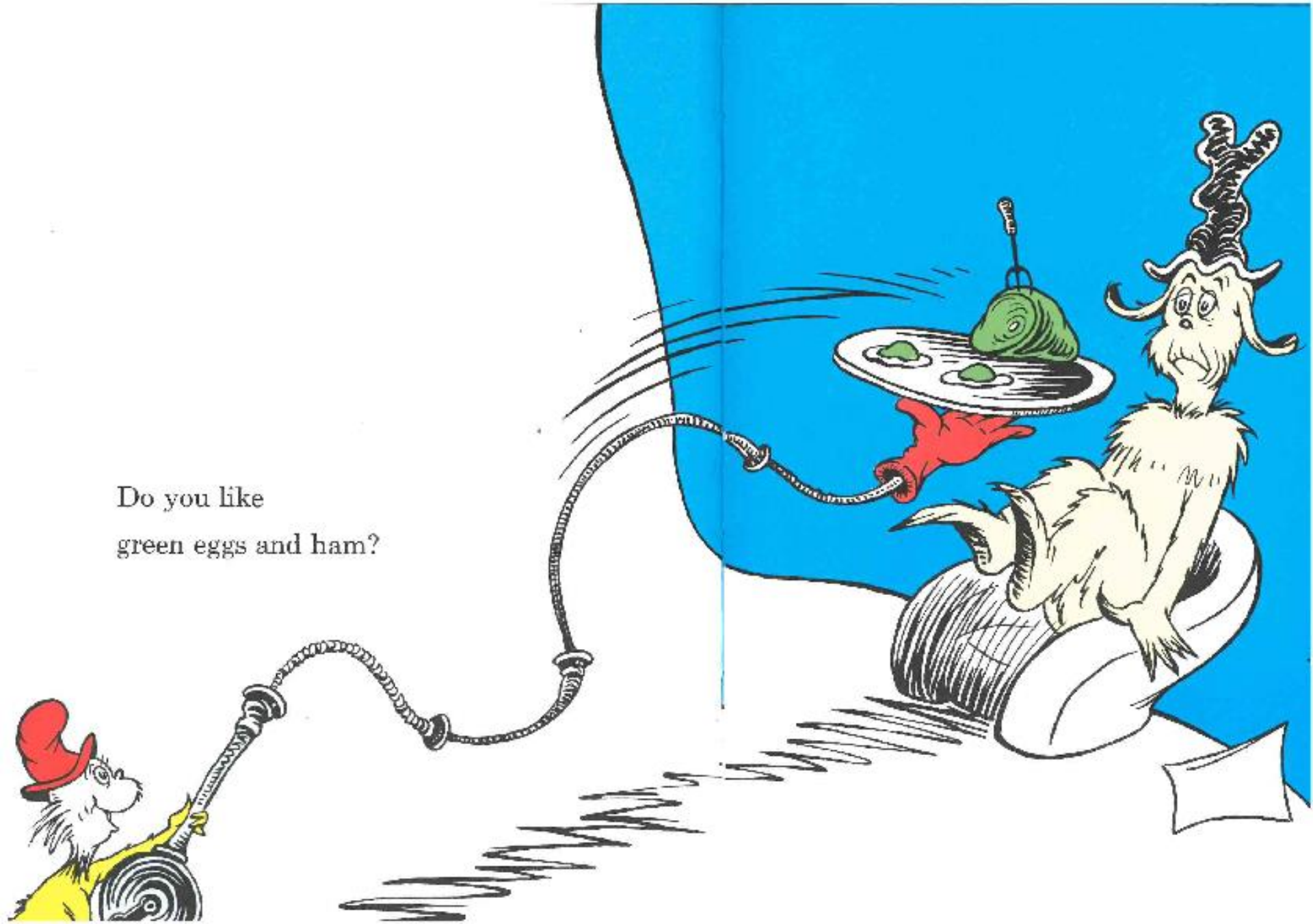


GREEN EGGS AND HAM

By Dr. Seuss



Do you like
green eggs and ham?





Sam!

I like green eggs and ham!

I do! I like them, Sam-I-am!

And I would eat them in a boat.

And I would eat them with a goat . . .





Be led by your practice.

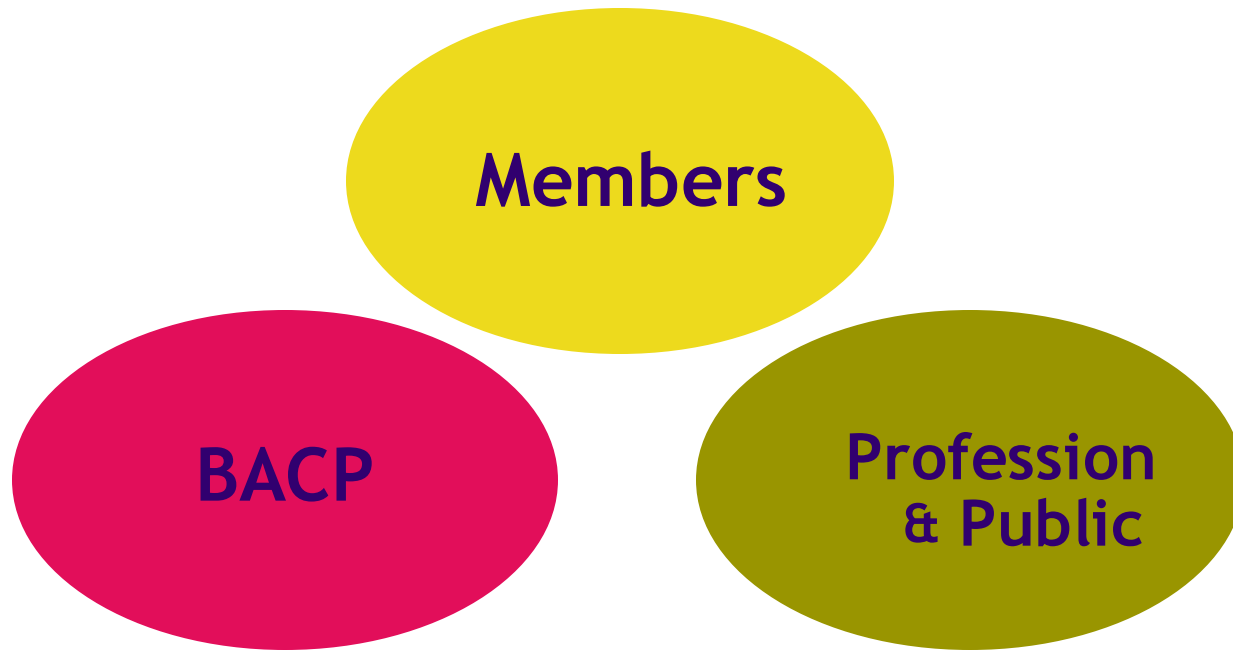


Face your fears - with compassion.



Making research work for members...

...by using our knowledge, skills and expertise to conduct, commission, facilitate and promote **relevant, impactful** research to benefit **members** and **clients**, and to enhance the **credibility** of the counselling professions.



- To engage members with relevant research that enhances their practice, employability and credibility as professionals.
- To systematically share research department expertise to ensure that BACP's work is robustly research informed.
- To promote and contribute to the evidence base for the counselling professions.



Make use of support

Eating

- Read research - make this part of your CPD
- Attend events with a research focus
- Ask presenters at CPD events about research related to the subject
- Personal reflection on practice, supervision, therapy etc

Essential Research Findings

in Counselling & Psychotherapy

THE FACTS ARE FRIENDLY

MICK COOPER

bacp
British Association for
Counselling & Psychotherapy





Counselling and Psychotherapy Research

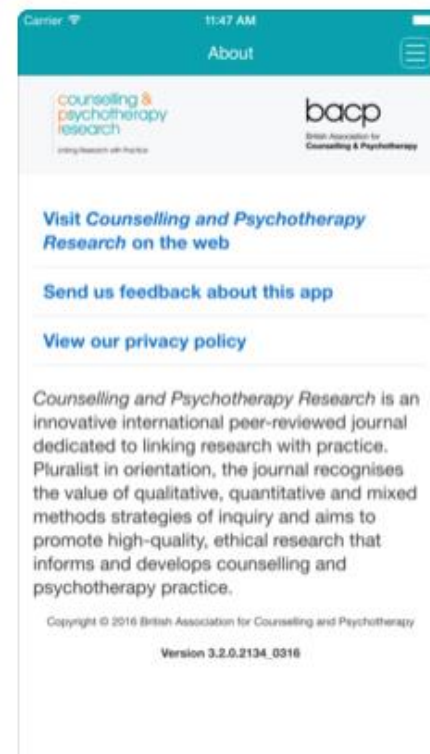
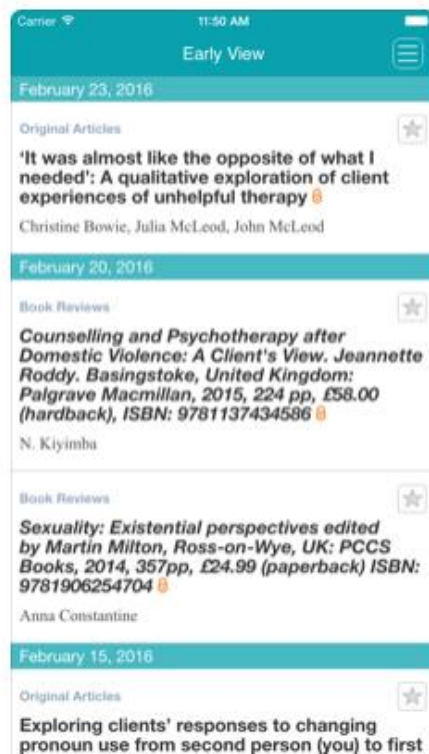
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Wiley Publishing

★★★★★ 3.0, 1 Rating

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Issue Number: 456

Editor [Dr Christian Jarrett](#)



Researchers Have Investigated “Derailment” (Feeling Disconnected From Your Past Self) As A Cause And Consequence Of Depression



We move house, change jobs, begin new relationships, yet most of the time, most of us still experience a thread of inner continuity – a constant feeling of me-ness that transcends the various chapters of our lives. Indeed, there's evidence that having a stable, constant sense of self and identity is important for psychological wellbeing. However, this thread can rupture, leading to an uncomfortable disconnect between who we feel we are today, and the person that we believe we used to be – a state that psychologists recently labelled “derailment”.

Now in a paper in *Clinical Psychological Science* a group led by Kaylin Ratner at Cornell University has explored the possibility that derailment both precipitates, and is a consequence of, depression. [Continue reading →](#)

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Webcast

Webcast: Research conference

Shaping counselling practice and policy: 10 years

The on-demand service will run until Thursday 25 July 2019.

Friday 17-Saturday 18 May 2019

Spaces remaining: 154

BACP events

[Ethics and good practice](#)

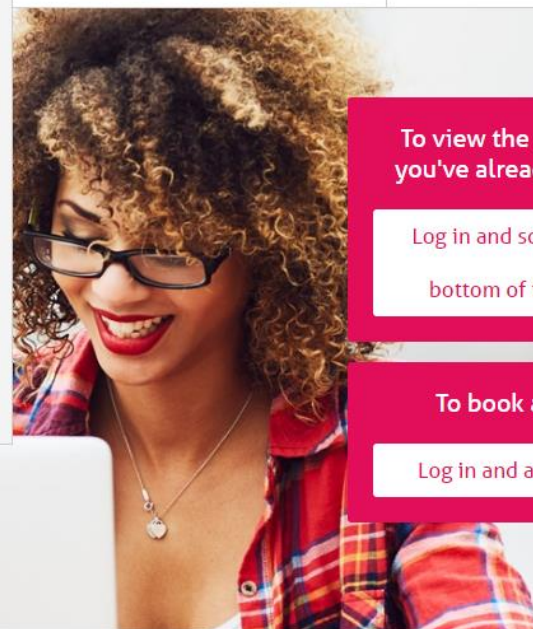
CPD hub

Journals

News

Research resources

Policy briefings



To view the content if
you've already booked

Log in and scroll to the
bottom of the page

To book a place

Log in and add to cart

Cooking

- Free online resources
- Methods manuals
- research@bacp.co.uk
- What can you do with what you already have?

THE AND COUNSELLING PSYCHOTHERAPY RESEARCH HANDBOOK

EDITED BY ANDREAS VOSSLER AND NAOMI MOLLER



an introduction to
RESEARCH IN
& COUNSELLING
PSYCHOTHERAPY

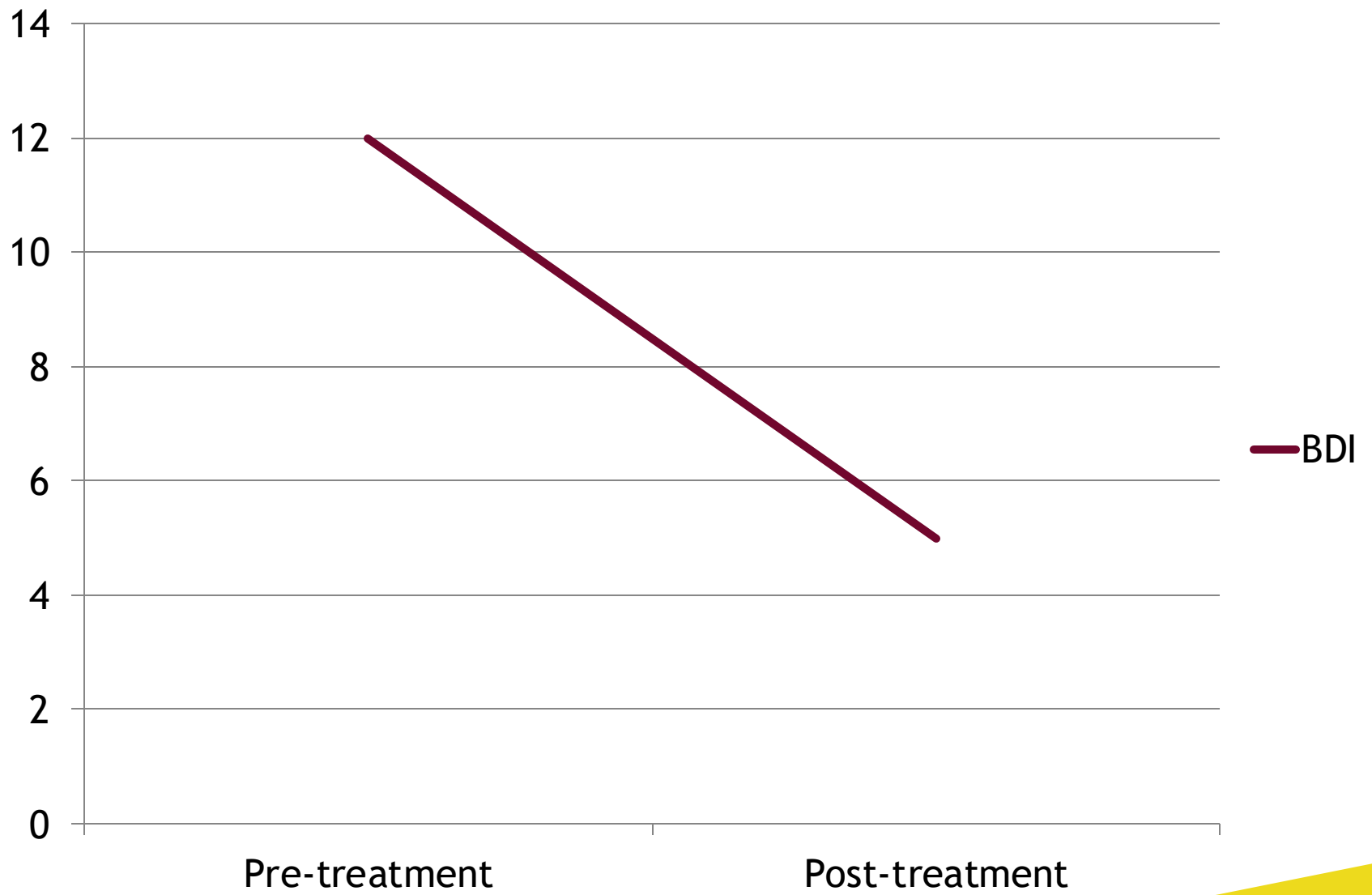
JOHN McLEOD

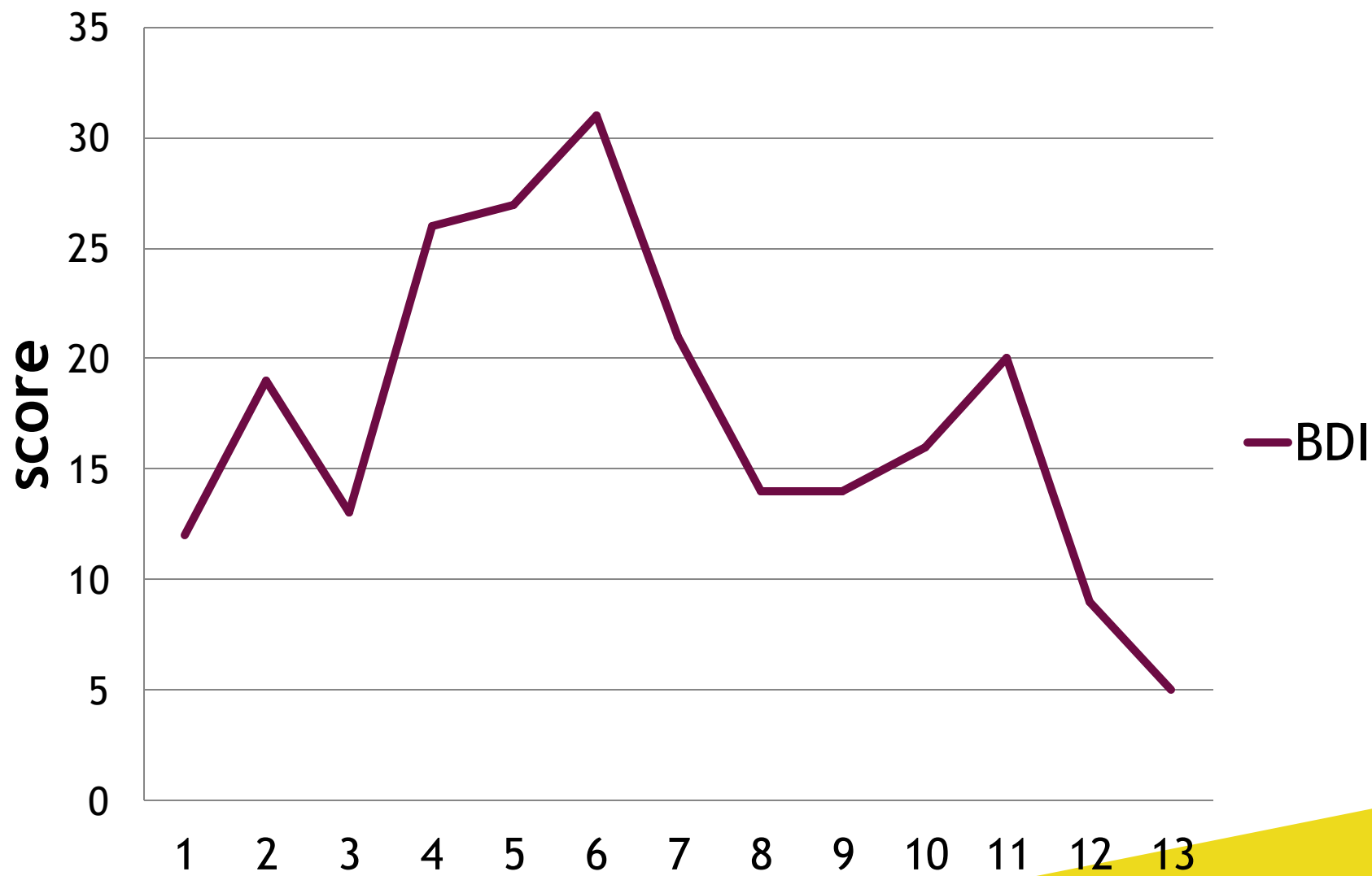


- Use of measures completed by clients

CORE
CCAPS
PHQ9
GAD7
SRS

- Session-by-session basis
- Electronic system
- Feedback - information about changes in scores made available to therapists and to clients.





Recipe development


- Participate in research studies
- Discussion in teams, networks, at events
- Collaboration

counselling psychotherapy rese x b Research noticeboard x Microsoft Office Home x PP presentations - OneDrive x Accounts My Active Accounts - I x W The Counseling Center Assessm x +

← → ↻ https://www.bacp.co.uk/events-and-resources/research/research-noticeboard//

Apps Understanding the... Gender pay gap in t...

Research → Research noticeboard



Research noticeboard


Current research projects and studies by BACP members who are looking for participants

Members are welcome to submit notices to advertise your research project.

Please email up to 500 words to research@bacp.co.uk. You must include your membership number and confirmation that you have ethical approval for your research.


We do not select or assess these notices for quality and inclusion does not imply endorsement by BACP. We reserve the right to reject or withdraw notices.

BACP research projects



Pragmatic tracker


We're looking for members working in private practice to assist us with a pilot study looking at the acceptability of using an online system to collect routine outcome measures.



Research - call for participants

'How might Developmental Trauma be experienced in the Therapeutic Encounter?' No knowledge of Developmental Trauma is needed prior to participation. Tracy Hutchings

11 June 2019



Research - call for participants

Does the presence of Autistic Spectrum Disorder traits in the counsellor influence the development of mutuality in the counselling relationship? Susan Morris

11 June 2019

Type here to search

Inbox - Clare.Symo... script draft.docx - ... Rough draft.pptx - ... Research noticeboa...

11:13 12/06/2019





I do so like
green eggs and ham!
Thank you!
Thank you,
Sam-I-am!



I do so like
counselling and psychotherapy
research!
Thank you!
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Sam-I-am!