

Unit Title: **Research in Counselling**



Unit Credit Value:	15
Unit Level:	Five
Unit Guided Learning Hours:	75
Ofqual Unit Reference Number:	K/506/3130
Unit Review Date:	31/07/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit will provide learners with an understanding of the field of counselling research and the methodological approaches and methods of inquiry used in counselling research for the purposes of developing and submitting a research proposal exploring and/or assessing and/or evaluating counselling practice and/or a topic relevant to the field.

The overarching aim of the unit is the development and submission of a research proposal.

Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

This unit has 4 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the field of counselling research	1.1. Review and evaluate key aspects of counselling research 1.2. Critically compare research studies
2. Understand the contribution of the research literature to an intended research proposal	2.1. Identify, as an intended research proposal, a specific topic of interest 2.2. Conduct a literature search on the specific topic of interest 2.3. Develop a literature review demonstrating the current body of knowledge on the specific topic of interest

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
3. Understand the contribution of research methodologies to an intended research proposal	3.1. Identify research methodologies relevant to the specific topic of interest 3.2. Develop an awareness of the importance of data collection in the production of a research proposal 3.3. Identify the impact of researcher positioning on the research proposal
4. Understand the ethical implications of the proposed research	4.1. Identify relevant ethical guidelines 4.2. Clarify the ethical implications of the intended research proposal

Assessment

This unit is assessed by a research proposal of 2500-3000 words, which is externally assessed. The proforma provided must be used by learners.

Indicative Content

Learning Outcome 1

Counselling research: to include the development of counselling research.

1.1 Counselling research:

- investigating counselling process (e.g. case study)
- evaluating counselling outcomes (e.g. interview, questionnaire, rating scales)
- reflexivity.

1.2 Research studies: comparing two counselling research studies (contrasting approaches). Evidence Based Practice (EBP); Practice Based Evidence (PBE).

Learning Outcome 2

2.2 Literature search: understanding the Literature Review.

Learning Outcome 3

Research methodologies:

- understanding research methodologies – philosophical underpinnings in research (e.g. Case Study, Action Research, Participatory Research)
- understanding research methods (quantitative and qualitative).

3.2 Data collection: analysis of data.

Learning Outcome 4

Ethical implications: Fundamental ethical principles

- nonmaleficence
- beneficence
- autonomy
- justice
- fidelity.

4.1 Ethical guidelines: and frameworks (e.g. BACP Ethical framework).

4.2 Research proposal: ethical issues in research

- confidentiality (and limits), privacy and anonymity
 - informed consent
 - supervision
 - ethics approval process
 - power and control issues
 - risks and benefits for participants
 - dual roles
 - transparency and integrity
 - avoiding harm
 - competence.
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- identify and discuss a topic of interest for a dissertation
 - identify, discuss and address potential practical issues and ethical dilemma's
 - identify the relevant literature – current and seminal
 - develop a Literature Review
 - develop and submit a research proposal.

Evidence Requirements

Evidence of practical ability must be demonstrated.

Reading List

Required Reading

Cooper, M. (2008). **Essential research findings in counselling and psychotherapy: the facts are friendly**. London: Sage.

Hanley, T., Lennie, C., & West, W. (2013). **Introducing counselling & psychotherapy research**. London: Sage.

McLeod, J. (2013). **An introduction to research in counselling and psychotherapy**. London: Sage.

Sanders, P., & Wilkins, P. (2010). **First steps in practitioner research: A guide to understanding and doing research in counselling and health and social care.** Ross-on-Wye: PCCS Books.

Recommended Reading

Cooper, M., Watson, J. C., & Hölldampf, D. (Eds.) (2010). **Person-Centered and experiential therapies work: A review of the research on counselling, psychotherapy and related practice.** Ross-on-Wye: PCCS Books.

Dallos, R., & Vetere, A. (2005). **Researching psychotherapy and counselling.** Maidenhead: Open University Press.

Etherington, K. (2004). **Becoming a reflexive researcher: Using our selves in research.** London: Jessica Kingsley.

Loewenthal, D. (2007). **Case studies in relational research: Qualitative research methods in counselling and psychotherapy.** London: Palgrave Macmillan.

McLeod, J. (2010). **Case study research in counselling and psychotherapy.** London: Sage.

McLeod, J. (2011). **Qualitative research in counselling and psychotherapy** (2nd Ed). London: Sage.