



Research in Counselling and Psychotherapy: Practical Applications

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Many counselling and psychotherapy researchers are suspicious of the pronouncements of practitioners because they are not backed up by research. Similarly, practitioners tend to ignore research findings because they consider that they have little relevance to their clinical practice.

This book bridges the gap that currently exists between research and practice in counselling and psychotherapy by providing detailed clinical examples of the practical relevance of research. It brings together contributions from leading British and American psychotherapy researchers, who describe their research programmes and explore how their findings can substantially inform therapeutic practice. The book calls for the close integration of re

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