



Researching, Reflecting and Writing about Work: Guidance on Training Course Assignments and Research for Psychotherapists and Counsellors

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Researching, Reflecting and Writing about Work provides a guide to the research skills and critical thinking required to complete a research project for professional learning courses in counselling and psychotherapy.

Written at a level easily accessible to those enrolled on a work-based qualification as well as those considering postgraduate research at master's level, this book includes:

- how we reflect on our work
- discussion on preparation and structuring of a case study
- how to present work in supervision with advice on process recording
- essay plan structures and appropriate methodologies for research
- ethical considerations and critical linking
- dilemmas and tensions involved in 'research at work'.

Key learning points and reflective exercises are included throughout and theory is supported by contributions detailing specific learning experiences from a variety of work settings, including the public sector, an organisation, in the community, and as an independent counsellor in a voluntary agency. There is also a section on how to prepare your research for consideration for publication and how to present your findings to colleagues.

Researching, Reflecting and Writing about Work will be of interest to all those on counselling courses, or training as psychotherapists, as well as people involved in professional learning linked to the helping professions, including those interested in work-based research linked to therapy in any setting.

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