

This essay will be discussing how the emphasis that's placed on therapeutic research is increasing, and a look into why practicing counsellors are now starting to engage with this. Throughout the essay it will be looking into what has happened in the past when counsellors did not do any research on methods they were using, such as without a counsellor having any research on a technique that they may use with a client then there is no proof that the theory they have chosen to use actually works without any evidence or research to back them up. The essay will also show what the outcomes would be if the research was done by practicing counsellors showing just how important it actually is and also to give evidence of why its very important for them to immerse with.

Firstly this essay will address the importance of what therapeutic research initials, to start with by practicing counsellors doing their research of therapeutic theories it makes them have much more information that the theories that they use with their clients are more reliable, as without research the practicing counsellor would be going into their sessions without knowing what benefits that has come from the theory that they use, if it actually works, how long does it usually take for the client to see a difference. They would not know any of that information so by them doing the research on all the theory that they feel they could use with he client it makes them a much more reliable processing counsellors and they will know that the theory used and more reliable also. Another benefit of the counsellor having more reliable sources is that the client can then see this and know that the theory that their counsellor has chosen to use is actually a reliable source so will feel more comfortable to listen and work well with what the counsellor is saying rather than the client knowing that the practicing counsellor is just saying a random theory.

Another very important reason why therapeutic research should be done is that its beneficial for the counsellor to see the results that they get from their clients as for

example if the counsellor did not keep records of how each theory they used for different types of issues such as depression, anxiety or phobias for different types of people then they would not have any evidence that it actually works they would just be using different type of methods for any person. If this was to happen then the practicing counsellor could be doing more harm than good as they would not know what method actually works as they would not be having any feedback from the client as part of research.

NICE guidelines show just how important it is for counsellors to keep on top of their research even after they have qualified, as theory keep developing over time or some theory may die down and be proven that they actually are not as effective as maybe another theory that has been found for a certain issue. Research have shown that in particular, family therapy has been established to be quite effective, to prove this there was some evidence to show the effectiveness of CBT. CBT- based interventions have been shown to have potential use in the management of bulimia nervosa (e.g. Jones& Clausen, 2013; Vas, Conceição & Machado, 2013). There is a also a emphasis to why research is so important to be done recently as without having the evidence that research is being used to show to organisations, there will be much more of a struggle to try and get different counselling approaches to be approved and funded within different services such as the NHS or CBT. Without these approaches being funded then there will be a real struggle to try and use more of them in counselling sessions and the practicing counsellors within certain services would not have the funding to use these skills which could put the clients in a even more negative place and their issue will not have been sorted out. The practicing counsellors in that service would then have to use a different approach which may not be effective enough for the oaten and could just delay their process of improving. So as its been explained research is very important and should be done withe evidence so that its more efficient.

There are different ways that research can be done in counselling its not just about looking in books and online resources its about getting involved physically and getting a better knowledge of why its so important. The type of strategies you can do for research include reading up on reports that are written by other counselling ages or organisations, conference presentations, this would be very beneficial for the counsellor to attend one of these conference presentations as there would be other practicing counsellors there with tips about different theory that they may have found better to use other than another theory also research can be looked into through videos, performances or plays as it can make the research that the counsellors do more interesting and they will tend to remember that much more than just reading a book about a certain theory.

For example there is video evidence about the test that was done with little Albert where John Watson used classical conditioning to try and change little Alberts thought patterns. It was first experimented by Pavlov (1902) in a experiment he did with a dog's saliva noticing that when ever the dog saw the lad assistant it would start to salivate associating it with food. He realised that dogs are not taught this its a behavioural way, this then lead on to the experiment to try and change the dogs behaviour to salivate when they would ring a bell as they changed the way he was thinking about food, which is then why the little Albert experiment came into place as Watson (1920) believed that there is a way that humans can be taught to act in certain ways to different things too, such as for example a lady being scared of spiders and having a phobia of them to associating something nice when every she saw the spider would then help her to overcome that fear as they have been conditioned to change their thought pattern when she then see's a spider.

Throughout the years there has been many changes to counselling from the 1950's, but this has only happened from counsellors and theorists doing their research to develop their knowledge and to see if the theories they use for different clients and their issues are actually the right ones to use. It also gives the counsellors a better understanding of what makes people think and act in different ways, but counsellors are still not there yet and that's why it's so important for them to carry on the research with their clients to see if there is something else out there that can help change people's thought patterns who may be thinking negatively.

To conclude this essay talks a lot about how important it is for practicing counsellors to engage in research and how there is now a larger emphasis placed upon research and how it's so important to be done regularly from every session they may have with certain clients whether old or new they still put research into each session so they can see if the method of theories that they are giving their client is actually working or if they need to go on to using a different theory to suit the issue to the person. One of the main points that has been addressed throughout this essay is that without having the research there and just going into the sessions each week blind it is really going to cause more harm than good to the client so it's very important that the practicing counsellors find a research method that suits them and that they would feel comfortable using each week as like was said in the essay there are many different ways research can be carried out.

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