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Forecasting for Lighthouse Counselling

Funding For the Future.



Research

Why is this important to the future of Lighthouse Counselling?

It is Important Because...

- There is a large rise in the profession on the importance of therapy being evidence based
- There is also more of a demand that in training a counsellor will be learning/be able to engage in research
- While undergoing research within our facility we could make new important points, making counselling better for clients and counselling a better service as a whole

(Cooper, 2010)



What Challenges may we Face Practicing Research within the Facility?

- There are ethical concerns for the party against the idea of progression of research in counselling (Cooper, 2010)
- The BACP'S (2018) Ethical framework gives great indication about some of the sensitivities that ensue while practicing with clients and this applies to research also.
- External funding – We may not be able to sustain funding our own research depending on the project, this is where external funding will have to come into play.
- Here are some of the funding options available from the BACP.

<https://www.bacp.co.uk/about-us/advancing-the-profession/research/awards//>





Legal and Ethical considerations in regards to our practice undertaking Research

- We may be bound by contract by funders
- Government and Academic bodies can have their own regulatory practices and code of conducts for research, we must also consider if these fit with our research plans before going ahead, the Ethical Guidelines for Research in the Counselling Professions has a list of these bodies that provide funding under section 12.1.
- If our research is going to reach across jurisdictions, it is important we research what legal requirements this may entail. (BACP,2019)



How can we know what we are doing good, and how can we make it better?

- Outcome and evaluation research, I feel it is important we set some money aside for the tools we need to engage in the following practices
- Allows us to find out how beneficial and how much progress we are making with our clients
- Tools such as Psychological test and our own purpose fit questionnaires can help us keep track of our progress, client progress and what's beneficial

(Mcleod, 2009, p.585-589)

- Another important aid to our evaluation and future progress that cannot be ignored, is individual reflective practice

(Bager-Charleson, 2010, p.13-15)

What Budget should we consider for the Future Plans of Lighthouse?

- Our impact on the environment and movements, NO, really



- Technology, keeping up to date with our culture, clients, the law and guidelines

(Mcleod, 2009, p.656-659)



Conclusion...

To conclude I propose funding forecasted for our future in these specific areas:

1. Research within the boundaries of our practice, for evaluation and progression purposes
2. Research studies that benefit not just within the boundaries of our practice but to the counselling profession as a whole
3. Consistent training and supervision for all our practitioners at all levels
4. Especially in technology and cultural, current affairs
5. Recycling and voluntary endeavours to benefit the community and our practice
6. The most up to date technology for Lighthouse
7. And last but not least any tools we may need for evaluation and reflective purposes in our practice

Thanks for listening!



References

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