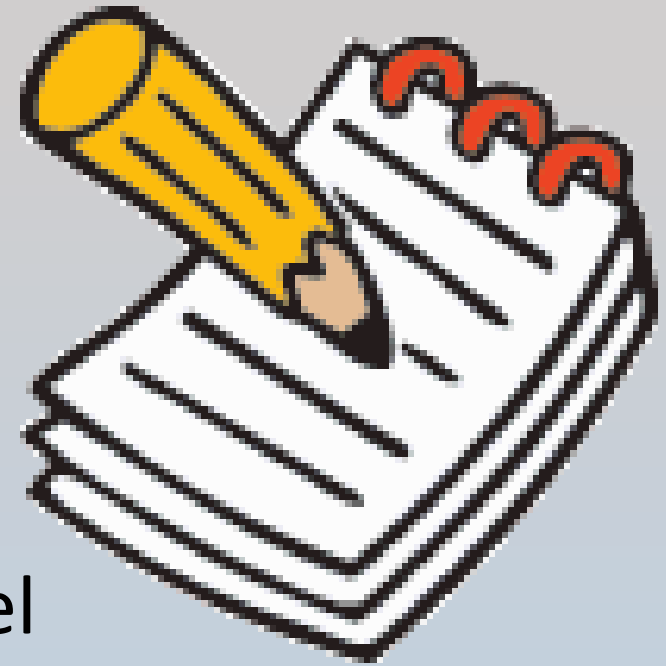




Week 1



Task 1:

- List three words that describe how you feel about research methods.
- List three things you hope to gain from attending this module.

Aims and Outcomes



- Analyse / interpret / evaluate Care and wellbeing issues, alongside information and data that may be drawn from a wide range of disciplines (e.g., qualitative research method – textual analysis)
- Command specialised skills in information and communications technology and apply these competently and effectively in a range of applications to include information gathering and retrieval (e.g., research proposal / presentation)
- Employ appropriate academic conventions in the production and presentation of work (all of the above!)

Assessments



- **Assessment Component 1: Written Report**

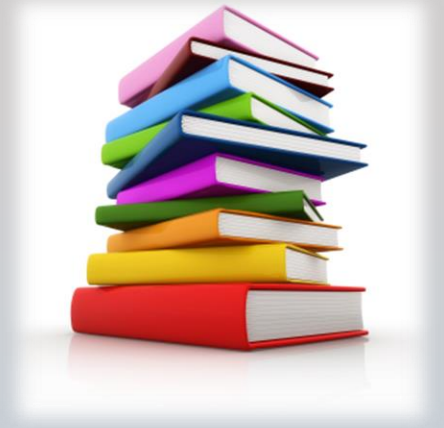
Submission Tuesday March 19th, 23:59

2,000 – 2,500 words +/- 10% (50%)

- **Assessment Component 2: Individual Oral Seminar Presentation**
(Research Proposal) 20 minutes (50%)

**Submission (Submission to PPT – Tuesday May 7th 2019:
Presentations dates to be arranged (TBA) – Week of May 6th**

Core Texts



There are a variety of books on Moodle that explore Narrative Research or Narrative Inquiry.

Research Definition

“A **systematic** process of **critical** inquiry leading to **valid** propositions and conclusions that are **communicated** to interested others”

(McLeod, 2013)



What is research / where does it fit within counselling?

- **Identify** reasons **why** something does or does not happen, e.g.,
 - Why do some clients stop attending counselling suddenly without talking to their counsellor about this?
 - Why might social factors increase mental health risk?
 - Why might victims of cyberbullying experience depression?
 - Why do people keep pets?
- Provide **understanding** into why something happens
- Identify **links** between factors
- **Insight** into what might be done differently

What is research / where does it fit within counselling? cont...

- **Finding out** something
- Asking **answerable questions**
- Answering questions by gathering / analysing / interpreting **data**
- Needs to be **valid** (measure what says measures) / **reliable** (repeatable)
- Research into **Care and Wellbeing...**

Nature of the human experience

Effectiveness of a service

Level of satisfaction

How well resources being used

Difference service makes to people's lives

What purpose does it serve?

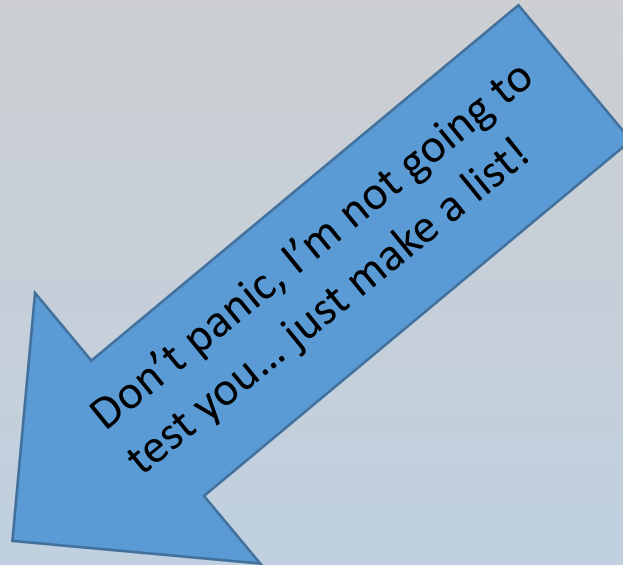
- Gain **insight** into **personal** experiences / stories / preferences
- **Hear** voice of marginalised groups
- **Inform** policy / professional guidelines / training
- **Challenge** attitudes
- Encourage **innovation** and **creativity**
- Underpin practice with theory (**evidence based**)
- Aim for **best practice**



Describes	Looks for reasons	Tests statements (Hypothesis)	Generalisability
What is happening?	Why things happen?	Prove / disprove	Can results be applied to wider population?
How many people self-refer to counselling services?	Why do people suddenly finish counselling without talking to their counsellor?	Adolescents who experience cyberbullying are more likely to be depressed	Is a particular therapeutic approach effective with everyone diagnosed with mild to moderate depression?

Task

- On a scale of 0 to 10 (0 = not at all, 10 = completely) rate yourself for the following:
How confident would you say you are with...
 - ... quantitative research methods
 - ... qualitative research methods
 - ... textual analysis
 - ... writing research proposals
 - ... giving presentations
- What research methodologies have you studied or used previously?
- If you could undertake research into any subject areas within counselling and psychotherapy, what would these be and why? (Create a simple 'mind map')





1. Discuss and combine your individual responses with others on your table – explore similarities, differences, themes, etc.
2. Using the following headings, write your collective responses onto flipchart paper:
 - A) Overall confidence levels with research methods – tease out areas of most / least confidence
 - B) Types of methodologies studied / used
 - C) Research interests
3. Decide who will feed back your collective responses to the wider group – may be a single person or a different person for each section