



MPhil/PhD in Psychotherapy

Enrolment information

School of Science and Technology

Faculty Head: Professor Simon du Plock and

Metanoia Director of Studies: Dr Sofie Bager-Charleson

Middlesex University Link Tutor: Professor David Westley

Introduction to the Master of Philosophy (MPhil) / Doctor of Philosophy (PhD) in Psychotherapy

The MPhil/PhD is aimed at those with an interest developing high level independent research skills at the cutting edge of knowledge and practice in psychotherapy. A candidate will be supported by a supervisory team drawn from specialist staff at both Metanoia Institute & Middlesex University.

Metanoia Institute is the United Kingdom's leading providers of specialist higher education in the disciplines of psychotherapy, counselling psychology, counselling and, more recently, coaching and organisational development. Metanoia was founded in the early 1980's and was one of the first organisations in the UK to offer Humanistically oriented professional counselling and psychotherapy training programmes. Metanoia now offer a wide range of training in counselling, psychotherapy, and counselling psychology, including eleven Masters programmes, all of which are validated by Middlesex University. We also host a Doctorate in Psychotherapy (DPsych) and a Doctorate in Counselling Psychology and Psychotherapy (DCPsych) as joint programmes with Middlesex University.

Middlesex University has been working for over 130 years with leading educational institutions across the globe to deliver outstanding teaching and research. Working with enthusiastic and like-minded academics ensures students access the very latest thinking and cutting edge research around the world. A growing community of research excellence, Middlesex has a strong research culture that values and encourages research and professional practice from all parts of the academic community, including early career researchers. Established in 1968, the Department of Psychology at Middlesex is one of the largest providers of Psychology education in the UK. We teach 11 programmes at the London campus and are responsible for a further 36 joint and validated programmes in collaboration with partner institutions. Psychology programmes are also offered at the University's campuses in Dubai and Mauritius.

Cutting edge of psychotherapeutic knowledge

The MPhil/PhD is the latest in our range of postgraduate initiatives in support of independent research at the cutting edge of theoretical understanding in psychotherapy under the umbrella of two leading research communities. Candidates register for a Middlesex University Master of Philosophy (MPhil) / Doctor of Philosophy (PhD) programme and receive supervision and training from Metanoia experts in Psychotherapy Training and Research.

Who can apply?

Successful applicants will normally have:

- A First or Upper Second class bachelor's degree.
- BPS, UKCP, or BACP accreditation as a Psychologist, Psychotherapist or Counsellor.
- Identified a potential research idea and begun to create a research proposal.
- An understanding of perspectives on research in the psychological therapies.

The pathway will also attract other professionals who have relevant qualifications and who want to pursue the insights of applied psychology, psychotherapy and counselling in their own discipline. As an academic degree designed to support independent in-depth research, the MPhil/PhD does not confer practitioner status.

First point of contact

For initial enquiries please contact Metanoia Director of Studies Dr Sofie Bager-Charleson for more information, on sofie.bager-charleson@metanoia.ac.uk

How will it be delivered?

Supervision for the MPhil/PhD will be delivered jointly by staff from Metanoia Institute and Middlesex University. A preparatory programme delivered at the Metanoia Institute that provides candidates with specialist training in psychotherapy training methods. The candidate will be a part of the programme as described on the link below:

<https://www.mdx.ac.uk/courses/research/academic-research-degrees-mphil-and-phd>

Psychological therapies

A candidate will be supported by a supervisory team drawn from specialist staff at both Metanoia Institute & Middlesex University. The team is composed of two academic supervisors, and a specialist academic consultant. One of the academic supervisors will be drawn from Metanoia's pool of psychotherapy research experts, will be an established authority in the candidate's chosen area of study.

A Director of Studies will be appointed from Middlesex University who has overall responsibility for the candidate's progression. During the first six months Metanoia works with the candidate to establish a personal Needs-Analysis and bespoke, an individual Progress Plan for each student. Candidates will be able to apply to use the research resources of the Metanoia Research Clinic. The Clinic provides low cost medium term counselling and psychotherapy to over 300 clients per year, and is staffed by approximately a hundred practitioners in training placements. It conducts on-going routine outcomes evaluation of Transactional Analysis and Gestalt Psychotherapies, Integrative Psychotherapy and Counselling Psychology, Person Centred and Humanistic counselling. Candidates will also access Metanoia online learning resources, workshops and monthly research seminars.

The candidates will also gain access to Middlesex University research training, library and academic community.

How long will it take?

Candidates can complete the MPhil in approximately two and a half years, and the PhD in a minimum of three years.

ENROLMENT WITH METANOIA INSTITUTE

The Enrolment stage normally lasts six months, and its function is both diagnostic and preparatory to help you towards and beyond the university registration. During this time you will engage in close discussions with your Director of Studies at Metanoia around your 'Personal Needs Analysis' with a clearly defined Progress plan for a successful development of your research proposal and completion plan. The Enrolment period at Metanoia includes a pilot literature review, engagement with ethical guidelines and encourages you to start preparing for an academic journal submission or presentation.

Metanoia Institute was founded in the early 1980s and was one of the first organisations in the United Kingdom to offer Humanistically-oriented professional counselling and psychotherapy training programmes that gradually was extended to include Integrative training. Metanoia Institute offers postgraduate diplomas in addition to undergraduate and

postgraduate degree awards in counselling, psychotherapy and counselling psychology, leading to potential professional registration with the British Association for Counselling and Psychotherapy (BACP), the UK Council for Psychotherapy (UKCP), the European Association for Psychotherapy (EAP), the European Association for Integrative Psychotherapy (EAIP), the Health Professions Council (HCPC) and the British Psychological Society (BPS). The academic work of the Institute is structured by faculty with all core psychotherapy and counselling being conducted within the Faculty of Psychology, Psychotherapy and Counselling; doctoral programmes within the Faculty of Applied Research and Clinical Practice; and finally programmes such as Creative Writing for Therapeutic Purposes, Therapeutic Fostering and Adoption, and Organisational Development, being offered by the Faculty of Applied Social Sciences. The Institute, jointly with Middlesex University, also offers a Doctorate in Psychotherapy (DPsych) and a Doctorate in Counselling Psychology and Psychotherapy (DCPsych).

Metanoia Research Clinic

The aim of the MI research clinic is to engage in evaluation of practice within a clinical, rather than experimental setting. Practitioners use Routine Outcomes Evaluation (ROU) to monitor their practice in each session and accumulate practice-based research data for our Relational Integrative and Humanistic therapies. Drawing on decades of outcomes research findings in psychotherapy, the aim of the clinic is also to engage clients in monitoring their own progress and giving feedback to their therapists. Over a hundred students work within the research clinic every year and see between two and 300 hundred clients, making the clinic one of the largest in the UK. Results of their work can be seen in our publications. For more information, please contact Head of Faculty Dr Biljana Van Rijn on Biljana.vanrijn@metanoia.ac.uk

All of the Institute's degree award and training programmes emphasise individual learning needs, the development and maintenance of high standards of clinical practice based upon well-established theoretical models and current research, and the importance of an ethical framework for professional practice.

Vision

Our vision for Metanoia Institute is to invest in the life of individuals, organisations and communities through excellence in training, practice and research in the psychological therapies.

Mission

The Institute's Mission is:

- To provide students with a theoretical and practical framework on which to base a professional and ethical practice in their chosen area of work;
- To offer practitioner training within a supportive and inclusive environment;
- To enhance the Institute's reputation for excellence in practice-based research;
- To provide accessible and effective educational and clinical services to the wider community.

Metanoia Enrolment. Student information:

The Enrolment with Metanoia is both diagnostic and preparative. It includes a critical review of the Outline Proposal, based on

- Becoming familiar with Level 7 (MPhil) and Level 8 (PhD) descriptors (fig. 1)
- Considering the different stages of a research 'life-cycle' (fig.2)

- Becoming familiar with the typical key stages of a research degree, with an introduction of the QAA and the Metanoia/Middlesex MPhil/PhD structure (see Handbook)
- Engaging with and presenting outcomes of a:
 - a) Critical review of the research question through a pilot literature review (fig.2a).
 - b) Search to identify significant, contemporary experts in the field of study (methodological and/or topic related), to suggest a potential Academic Consultant.
 - c) Ongoing discussions with the Metanoia DoS.
- Collaboratively identify needs for further learning (training and reading) with regards to the above.

‘Doing’ a PhD

A research degree is rather different from a taught programme where you follow a set syllabus, such as a Bachelors degree or a Taught Masters degree. The MPhil/PhD is mapped onto the QAA Professional Descriptors for Assessment at Masters (Level 7) Doctoral Level (Level 8). During the Enrolment with Metanoia, both Levels will be discussed with the MPhil exit option in mind. These are listed in (fig. 1) below.

The QAA (The Quality Assurance Agency for Higher Education, 2011) provides a general guide for current and prospective doctoral candidates in which the difference between doctorate studies and other degrees, and highlights how:

Doctoral candidates all share the experience of creating knowledge through the practice of independent research and scholarship. This creation of new knowledge or of applying existing knowledge in a new way is not expected in the same way at undergraduate or taught postgraduate level. Doctoral candidates operate at a level of independence and self-direction that would not be expected of an undergraduate or taught postgraduate student (p.4).

To learn more about being a UK doctorate on a programme guided by QAA requirements, please download the QAA guide for current and prospective doctoral candidates:

<http://www.qaa.ac.uk/en/Publications/Documents/Doctorate-guide.pdf>

(Fig. 1) The Metanoia/Middlesex MPhil/PhD degree in Psychotherapy includes Level 7 and Level 8 Learning

LEVEL 7 (M)

Have the following Learning Outcomes been evidenced:

	Yes/No
A1 (Knowledge) Understanding of historical perspectives on research in the psychological therapies, and the different philosophical and epistemological frameworks which may be identified in research activities.	
A2 (Research and Development Capability) Ability to adopt a critical perspective to research approaches in psychotherapy.	
A3 (Ethical Understanding) Understanding the ethical challenges posed by research activities.	

B1 (Analysis and Synthesis) Understanding of methodological approaches to research and the issues involved in the construction of an appropriate research design and the ability to select an appropriate research methodology for Masters-level work.	
B2 (Self Appraisal/Reflection on Practice) Ability to select an appropriate research focus for research, develop a coherent research design for research, and evidence knowledge of appropriate methods, their limitations and uses.	
B3 (Planning/Management of Learning) Capacity to plan for, and collect, relevant research data.	
C1 (Awareness of Operational Context and Application of Learning) Ability to evaluate and critique research approaches and methods in various contexts and to justify their selection in a piece of successfully completed research.	
C2 (Use of Resources) Ability to review and evaluate appropriate literature in support of research.	
C3 (Communication/Presentation Skills) Ability to analyse and present the data collected, and to put material together into a coherent research report which meets standard academic requirements (e.g. referencing format).	

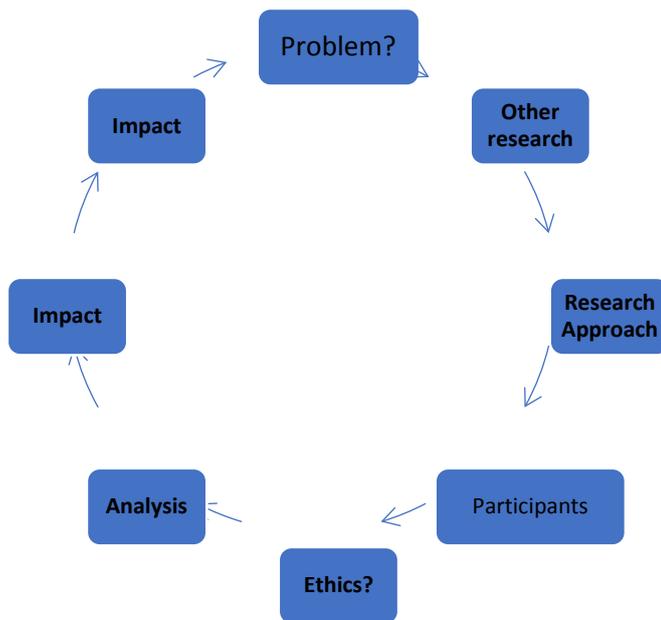
LEVEL 8 (D)

Have the following Module Learning Outcomes been evidenced:

	Yes/No
A1 (Knowledge) Evidence of in-depth knowledge of an inter-disciplinary nature in a complex area and is working at current limits of theoretical and/or research understanding.	
A2 (Research and Development Capability) Ability to adopt a critical perspective to research approaches in psychotherapy.	
A3 (Ethical Understanding) A wide experience and acute awareness of the ethical challenges posed by research activities.	
B1 (Analysis and Synthesis) Evidence of self-directed critical evaluation of methodological approaches to research and the issues involved in the construction of an appropriate research design and the ability to select an appropriate research methodology for their specialist field.	
B2 (Self Appraisal/Reflection on Practice) Ability to select an appropriate research focus for research, develop a coherent research design for research, and evidence knowledge of appropriate methods, their limitations and uses in ways that are acknowledged to be applicable in the professional field of practice.	
B3 (Planning/Management of Learning) Capacity to plan for, and collect, relevant research data appropriate for leading-edge research and development activities.	
C1 (Awareness of Operational Context and Application of Learning) Ability to evaluate and critique research approaches and methods in various contexts and to justify their selection in a piece of successfully completed research.	
C2 (Use of Resources) Ability to review and evaluate appropriate literature in support of research.	
C3 (Communication/Presentation Skills) Ability to translate and disseminate theoretical knowledge into workable frameworks and models which are acknowledged to be applicable in the professional field of practice.	
C4 (Responsibility and Leadership) Autonomy in a wide range of professional practice contexts. Has acquired the skills of setting up and managing learning for self and others.	

The Metanoia/Middlesex MPhil/PhD in Psychotherapy will focus on different stages typically considered during 'research'. The Enrolment period will focus on your Research Life-Cycle as illustrated in your report (fig.2a) below.

(Fig 2a Research 'life-cycle')



This will involve considering both the candidate's own research proposal and others, ongoing research with an interest in some of the following stages:

- Problem in clinical practice
- Formulation of research problem
- Reflexivity
- Ethics
- Literature review
- Methodology and method
- Participants
- Information gathering, focus group, interview, survey etc.
- Data analysis
- Impact

DEVELOPING YOUR PROPOSAL

Structure and Flowchart of the Programme

The MPhil/PhD includes reviewing your proposal (see Appendix X for guidelines for proposals) in three stages, namely in the form of

- Your Outline Proposal
- Your University Registration
- Your Transfer Proposal

A Research Proposal will typically demonstrate:

- A rationale that argues your choice of topic and method and which shows clear relevance to the field of Psychological therapies
- Your ability to formulate a clear and realistic research question which is relevant for therapeutic practice

- Your ability to formulate a clear and realistic research question which is relevant anchored in existing research/theory deemed relevant to therapeutic theory and practice
- Ethical awareness
- Critical understanding of the epistemological foundations of your research question and choice of method
- A knowledge of methodological approaches to research and inquiry
- Description of appropriate and realistic means of data collection and data analysis

Stage 1: Outline proposal for enrolment

To enrol to the MPhil/PhD programme the candidate submits an 'outline proposal'. The outline proposal forms the first evidence of the ability to present a coherent research proposal. This requires the applicant to identify their area of interest, give an indication of what is already known on that field together with a rationale for undertaking research. The outline proposal will not constitute a definitive statement, but will be significant for the first interview and for the development of a bespoke research plan as part of the preparation for registration.

Stage 2: Research Personal Needs and Research SMART Plan

Once candidates are enrolled they have a induction period when they prepare their research proposal for registration. This stage normally lasts six months for full-time students. Its function is both diagnostic and preparatory to help students for university registration with preparation for the MPhil/PhD programme in the form of a 'Personal Needs Analysis' and clearly defined Progress plan with objectives and potential needs to complete a research programme.

Stage 3: Registration for MPhil with possibility to transfer to PhD

Within six months of entry the candidate submits a 5,000 words Justification for Registration. This is a development of the Outline proposal, evidencing the grounds for the claim to register for the degree of MPhil with possibility to transfer to PhD. The Registration Proposal will evidence that the candidate appears suitably qualified and that the candidate's research programme appears viable. It also includes a clear plan for adequate and appropriate supervision arrangements. The candidate will prepare to register for MPhil with the possibility of transfer to PhD work within a supervisory team and engage in the Personal Needs-Analysis with SMART-plan to identify areas in need of extra support.

The time constraints for completion is calculated with respect to the registration date; for full-time students, the minimum and maximum times for completion of the PhD degree are 33 months and five years respectively after registration. For part-time students, the minimum and maximum times for completion of the PhD degree are 45 months and seven years respectively.

Stage 4: Research and preparation for Transfer Proposal

After Registration at the University, a supervisory team is appointed to guide and support their research. The team has three members: the previous First Supervisor from Middlesex, a second supervisor from Metanoia, and the Director of Studies at Metanoia who offers personal support and helps to develop the team's progress. The First Supervisor will be expert in the candidate's topic area, acting as a Middlesex director of studies throughout the programme. A third supervisor will act as an Academic Consultant.

The Supervision Team will revisit and clarify the research topic, improve the initial programme of work and identify the methodological skills required. The candidate shall prepare for the research team at the Metanoia Institute a transfer portfolio consisting of the submission of a significant body of work explaining the status of the research material to date in a coherent format and to an appropriate standard. (6,000 to 10,000 words, or equivalent). The candidate will also produce a critical evaluation of research progress to date with a clear explanation of future research to be done (3,000 to 6,000 words).

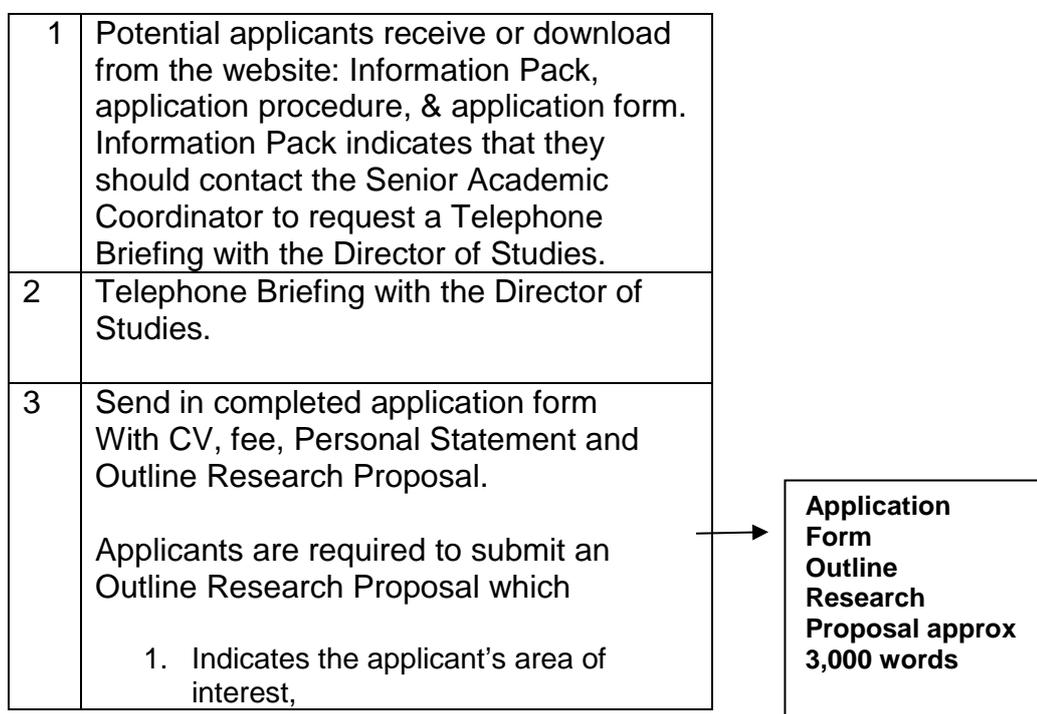
The transfer proposal is normally submitted after 18-22 months of full-time study and consists of a transfer portfolio explaining the status of the research material to date with a clear explanation of future research to be done. A candidate registered for the degree of PhD but unable to complete the approved programme may apply for the registration to convert to that of MPhil. The candidate who enters the university stage will continue his/her research with the support of the supervisory team. The Personal Needs Analysis will continue to be monitored and implemented.

Stage 5: Viva

The suitable candidate will be expected to make original contributions either through conceptual or applied research in the field of psychotherapy. This includes being able to conceptualise, design, and carry out a research project for the advancement of knowledge at the forefront of the discipline. The examination for the MPhil and PhD includes the submission of the thesis and/or any other submitted work defended by an oral examination. Normally the text of a MPhil thesis consists of a maximum of 40,000 words and the PhD thesis of a maximum of 80,000 words. Where the candidate's own creative work forms the principal mode of enquiry for the submission, the written thesis will be shorter.

MPhil/PhD in Psychotherapy PROGRAMME OVERVIEW FLOW CHART

Programme Flow Chart



	<p>2. Provides an indication of research already undertaken in the field, e.g. a brief literature review, together with</p> <p>3. Includes a rationale for undertaking research in this area with some indications of its value and potential implications for theory and practice.</p>
4	The application, together with the Outline Research Proposal, is considered by the Application Committee.
5	If the reviewer is positive, applicant invited to interview. Normally conducted by Programme Leader & Director of Studies.

6	<p>Within two weeks, the applicant will be sent a letter giving them the result of their interview. If the applicant is offered and accepts a place, they are enrolled as a research candidate with Metanoia Institute. Candidates may commence their enrolment in October and January each year.</p>
7	<p>Once candidates have been enrolled they are required to prepare their Draft Research Proposal for registration for MPhil with the possibility to transfer to PhD.</p> <p>Metanoia's Director of Studies will begin to form a research team with the supervisory experts who can assist the candidate through registration and towards the MPhil/PhD transfer stage and the Viva. During the preparation for the MPhil/PhD programme, a 'Personal Needs Analysis' will be issued by team at Metanoia. Metanoia's Director of Studies will together with the team support the candidate to develop a progress plan. This will include a Pilot-literature review and a Research SMART plan with clearly identified objectives for the potential development of academic and generic skills required to complete a research programme.</p>
8	<p>After approximately six months from entry the candidate submits a 5,000 words Justification for Registration. This is a</p>

Justification for Registration, 5000 words, including

- Draft Research Proposal
- Progress plan, incl.
- Ethical approval plan

	<p>development of the Outline proposal, evidencing the grounds for the claim to register for the degree of MPhil with possibility to transfer to PhD. The Draft Research Proposal for registration will evidence that:</p> <ul style="list-style-type: none"> • the candidate appears suitably qualified to commence the MPhil/PhD programme; • the candidate's research programme appears viable; • the supervision arrangements are adequate and appropriate to facilitate the conduct of the proposed research project.
9	<p>The Draft Research Proposal is assessed by the Registration Panel comprising the Director of Studies and an independent examiner and independent chair, appointed by Middlesex. The Panel may recommend to the University's Research Degrees Board that the candidate proceed to Registration or be referred back for further work and re-assessment. Normally the maximum referral period will be up to two months.</p>

If the Justification for Registration is deemed not to provide a clear preliminary case for the award of the degree of MPhil with the possibility of transfer to PhD the candidate will not progress further on the Doctoral pathway. Candidates will be advised whether they have a preliminary case to enrol for the MPhil award.

10	<p>Candidates will start working with two supervisors and one academic consultant. The First supervisor (DoS) is academic staff of Middlesex and will supervise the candidate on a regular and frequent basis throughout the programme.</p> <p>A full-time candidate for the degree of Master of Philosophy (MPhil) is required to complete a minimum period of 18 months and a maximum of 36 months of research.</p> <hr/>
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Part 2
Registration for the degree of MPhil or MPhil with possibility of transfer to PhD

Personal Needs-Analysis Implementing Research SMART plan, including potential research training needs up to 6 days at an additional cost

Supervision team

11	<p>The Supervision Team will revisit and clarify the research topic, improve the initial programme of work and identify the methodological skills required.</p>
12	<p>The Supervision Team will, together with Metanoia DoS help the candidates to implement their Research SMART plan with earlier identified objectives for the potential development of academic and generic skills required to complete their research programme. Candidates shall be entitled to enrol for modules taught at the Middlesex University and Metanoia Institute in research methods and substantive areas in support of their research projects. This programme shall be intended:</p> <p>(a) to provide the candidate with the skills and knowledge necessary for the pursuit of the proposed research;</p> <p>(b) to provide a body of knowledge normally associated with a degree in the field of study of the proposed research; and</p> <p>(c) to provide breadth of knowledge in the related subjects.</p>
	<p>A candidate initially registered for MPhil with possibility of transfer to PhD who wishes to transfer to PhD shall apply to the research team at Metanoia Institute when he/she has made sufficient progress on the work to provide evidence of the development to PhD. This shall normally be after 18-22 months of full-time study or the part-time equivalent.</p> <p>In support of a transfer application, the candidate shall prepare for the research team at the Metanoia Institute a transfer portfolio consisting of the submission of:</p> <p>(a) a significant body of work explaining the status of the research material to date, in a coherent format and to an appropriate standard, which demonstrates clearly an adequate understanding, knowledge, and justification of appropriate research design</p>

**Transfer Portfolio
After 18-22
months
15 hours of
Supervision**

report, 8000-10 000 words
Critical evaluation, 3000 – 6000 words

	<p>and methods (6,000 to 10,000 words, or equivalent), and</p> <p>(b) a critical evaluation of research progress to date and a clear explanation of future research to be done, its expected contribution to knowledge and/or new insights, and a programme of work for completing the project to the required standard. (3,000 to 6,000 words).</p>
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The Transfer Portfolio (see Appendix 3) is sent to the Registration Panel. The candidate makes a presentation to the Registration Panel, which acts on behalf of the Programme Board for approval of registration.

If the submission is not deemed of a standard to enable the Candidate to progress, they will: take a further semester in order to improve their submission and resubmit; transfer to the MPhil pathway; or they will exit the Programme.

13	<p>If the submission is approved the candidate is notified by letter of their Registration. Candidate is notified of any recommendations and necessary revisions and carries these out in conjunction with their Supervisors.</p>
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The candidate discusses submission with their Supervisors taking account of the recommendations of the Registration Panel.

14	<p>Candidate completes the revised context statement and after approval from Supervisors submits the work for assessment.</p> <p>Normally the text of an MPhil submission in (excluding supplementary material such as tables, diagrams, appendices, references, and the bibliography, shall not exceed 40,000 words.</p> <p>Normally the text of the PhD thesis (excluding supplementary material such as tables, diagrams, appendices, references, and the bibliography) shall not exceed 80,000 words.</p> <p>Where the candidate's own creative work forms the point of reference and</p>
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	<p>principal mode of enquiry for the submission, or where the submission involves the preparation of a scholarly edition, the written thesis should normally be within the range:</p> <p>PhD 30,000 - 60,000 words MPhil 15,000 - 20,000 words</p>
15	The Candidate is orally examined by presentation and viva voce. Two external and one internal assessors will have considered and reported on the submission and together with an independent Chair will conduct the examination. They will then produce a final report for the Research and Research Degrees Committee.
16	The Candidate will be notified of the result and any further work that needs to be done. In certain circumstances the assessors may recommend the award of MPhil.
17	The Candidate is invited to attend a Middlesex University Graduation Ceremony and Metanoia Graduation Party.

Some early Research Reading

- Bager-Charleson, S. (2014) *Doing Practice-Based Research in Therapy. A Reflexive Approach*. London: Sage
- Bell, J. & Waters, S. (2018) *Doing Your Research Project: A Guide for First-time Researchers*. London: OU Press & McGraw
- Braun, V., & Clarke, V. (2013) *Successful Qualitative Research*. London: Sage
- Bryman, A. (2008) *Social Research Methods* (3rd ed). Oxford: Oxford University Press

Denscombe, M. (2014) *The Good Research Guide*. Maidenhead: Open University Press

Du Plock, S. (Ed.) (2018). *Case studies in existential therapy: Translating theory into practice*. London, UK: PCCS Books

Frost, N. (2011). *Qualitative Research methods in Psychology. Combing core approaches*. Maidenhead: Open University Press

Goss, S. & Stevens, C., (2016) *Research Matters*. London: Routledge

Hart, C. (2018) *Doing a Literature Review. Releasing the Research Imagination*. (2nd ed). London: Sage

Hesse-Biber, S., & Leavy, P. (2006) *The Practice of Qualitative Research*. London: Sage

Hesse-Biber, S. (2010) *Mixed-methods Research. Merging theory with practice*. New York: Guilford Press.

Howitt, D. & Cramer, D. (2014) *Introduction to research methods in psychology*. Harlow: Pearson

Levy, P. (2015) *Method Meets Art. Arts-Based Research Practice*. New York: The Guilford Press

Lyons, E. & Coyle, A. (2016) *Analysing Qualitative Data in Psychology*. (2nd ed) London: Sage

Ritchey, J., et al (2014) *Qualitative Research Practice* (2nd ed) London: Sage

Rowland, N. & Goss, S. (2000) *Evidence-Based Counselling and Psychological Therapies*. Hove: Routledge

Sanders, P. & Wilkins, P. (2010) *First Steps in Practitioner Research*. Ross-on-Wye PCCS Books

Stiles, W. B. (2007). *Theory-building case studies of counselling and psychotherapy*. *Counselling and Psychotherapy Research*, 7, 122–127.

Willig, C. (2013) *Introducing Qualitative Research in Psychology*. (3rd ed). Maidenhead: OU Press