

CE289-30 Research Methods in Counselling and Psychotherapy

26/27

Department

Centre for Lifelong Learning

Level

Undergraduate Level 2

Module leader

Cathryn MacLeod

Credit value

30

Module duration

30 weeks

Assessment

100% coursework

Study location

University of Warwick main campus, Coventry

Description

Introductory description

This level 5 module builds on your learning at level 4. Having understood the importance of evidence based practice, and developed the skills to search and use relevant research literature, this module develops your understanding of how and why research in counselling and psychotherapy is done. In line with QAA benchmark statement 3.10, you will develop the skills and knowledge needed to evaluate and engage in research which contributes to the developing knowledge and evidence base for the profession. We aim to develop your understanding of different methods used in counselling and psychotherapy research, their benefits, limitations, and contexts, and your ability to understand, critically appraise and integrate research into your practice. You will also study the role of ethics in research and how to ensure your research is conducted ethically and appropriately. The module will furnish you with the academic skills for writing a research proposal and a literature review, and prepares you to conduct your own independent research at level 6.

This module includes an element of online learning and an invitation to take part in online discussion groups with your peers, improving your familiarity with online learning platforms and methods, developing your digital literacy skills, and enabling you to learn on your own schedule.

Module aims

To learn about methodologies used in counselling and psychotherapy research
To understand and critically appraise a piece of counselling and psychotherapy research
To understand aspects of ethical practice in counselling and psychotherapy research
To understand the structure of a research project and to submit an achievable research project proposal that conforms to ethical and legal standards

Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

Learning how to read, summarise and identify key parts of a research project
A critical review of historical and current research infrastructures and discourses in counselling and psychotherapy.
Understanding and evaluating research methods used in counselling and psychotherapy
Critically appraising published research on counselling and psychotherapy and integrating relevant research findings into practice.
Learning how to formulate research questions and select appropriate research methods
Understanding ethical practice and procedures in research
Preparation for next year's independent research project, choosing and defining a question appropriate in terms of scope and relevance, selecting an appropriate methodology, and creating a research proposal

Learning outcomes

By the end of the module, students should be able to:

- Describe key components of a counselling and psychotherapy research paper
- Recognise key research methodologies used in counselling and psychotherapy
- Explain ethical considerations in relation to conducting research in counselling and psychotherapy
- Apply critical appraisal skills to a piece of counselling and psychotherapy research
- Define a suitable research question for personal counselling and psychotherapy research
- Create a research proposal with coherent rationale, appropriate plan and ethical considerations

Indicative reading list

[Specific reading list for the module](#)

Research element

Research proposal, research article summary and critical appraisal

Interdisciplinary

Using interdisciplinary qualitative research methods and methodologies

Subject specific skills

This module aligns with the QAA Counselling and Psychotherapy subject benchmark skill (2022) outlined in section 3.10:

- critically appraising published research on counselling and psychotherapy and integrating relevant research findings into practice
- using research literature on the impact of the therapeutic alliance to enhance relationships with clients
- integrating and consistently applying a comprehensive, in-depth and research informed body of knowledge in their practice with clients and in supervision
- drawing on the full extent of international research to engage with diversity and inclusion
- engaging in formal research to conduct projects which contribute to the developing knowledge and evidence base for their profession.

The following BACP Accreditation core training criteria (2025) are met:

(B3.8) Develop a critical awareness of research findings in counselling, psychotherapy and related areas through study of the relevant literature and to reflect on how these inform evidence-based practice.

(B3.9) Gain an awareness and working knowledge of research methodology to enable them to develop basic competences in small-scale research projects

(B4.10.2) Apply a body of knowledge, informed by contemporary research, consistently and effectively during the course of the therapeutic process to include, evaluating and integrating published research findings to enhance practice.

Transferable skills

Key employability and academic skills linked to the Warwick Award Core Skills include:

Developing information literacy through library searching and selecting appropriate literature

Academic writing skills

Critical thinking; ability to read and critically appraise a research article

Constructing a research project, refining a question, selecting a methodology.

Understanding ethical practice in research and exploring own ethical awareness and values

Developing digital literacy through online learning methods, including teamwork and using online learning forums

Study

Study time

Type	Required
Lectures	12 sessions of 1 hour 15 minutes (5%)
Seminars	30 sessions of 1 hour (10%)
Online learning (independent)	20 sessions of 1 hour (7%)
Private study	155 hours (52%)
Assessment	80 hours (27%)
Total	300 hours

Private study description

reading research articles, personal research journal, study for assignments

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A3

	Weighting	Study time	Eligible for self-certification
Assessment component			
Appraisal of a Research Paper Describe and evaluate a piece of recently published research in the field of counselling and psychotherapy	50%	40 hours	Yes (extension)
Reassessment component is the same			
Assessment component			
Research Project Proposal Create a formal research proposal in preparation for a research project at level 6	50%	40 hours	Yes (extension)
Reassessment component is the same			

Feedback on assessment

Detailed written feedback relating to criteria for assignments.

In-text comments.

Verbal feedback about research plans via tutorials and seminars

Availability

Pre-requisites

To take this module, you must have passed:

- All of
 - [CE1F2-30 Fundamentals of Research in Counselling and Psychotherapy](#)

Post-requisite modules

If you pass this module, you can take:

- CE328-30 Independent Research Project

Courses

This module is Core for:

- Year 3 of UCEA-X1GB Undergraduate Counselling and the Psychotherapeutic Relationship