The background is a textured yellow surface. In the top-left corner, there are three stylized green pine trees with brown trunks. In the top-right corner, there are three dark brown, thin, curved lines resembling falling leaves or rain. In the bottom-right corner, there is a larger, more detailed illustration of a pine tree with several green, fan-shaped foliage clusters and a dark brown trunk.

The Counselling Research Clinic University of Strathclyde

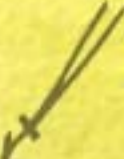
Robert Elliott, Susan Stephen &
Lorna Carrick

Counselling Research Clinic

- Free at point of service, general, community-based counselling service
- Started at Jordanhill Campus in 2007
- Moved to Glasgow City Centre on George Street near High Street in 2012
- Training Clinic: Staffed primarily by postgrad counselling students
 - Act as researcher for each other's clients



Practice-based Research Protocol

- Clients offered up to 40 sessions in exchange for taking part in research on counselling outcome and change processes
 - Few restrictions who can receive services
 - Uses a suite of research instruments based on a model of practice-based research (Elliott & Zucconi, 2006)
 - Complex data archive: allows wide range of studies
- 

Practice-based Research Protocol

- Outcome measures:
 - ⊙ CORE Outcome Measure - 34
 - ⊙ Strathclyde Inventory: Based on Carl Rogers' theory of the fully functioning person
 - ⊙ Personal Questionnaire: Evidence-based, individualised outcome measure
 - ⊙ Client qualitative descriptions of what change over the course of counselling (Change Interview)

Practice-based Research Protocol

● Change Process Measures:

- ◎ Helpful Aspects of Therapy (HAT) Form:
qualitative open-ended post-session questionnaire
- ◎ Change Interview (Qualitative): Session 10, 20 etc
 - ◎ Helpful & Hindering aspects of counselling
 - ◎ Extra-therapy helpful and hindering factors
- ◎ Working Alliance Inventory (WAI-12-R): measures bond, goal and task agreement
- ◎ Therapeutic Relationship Scale: measures Rogerian facilitative conditions

What Kinds of Research Happen at the Research Clinic? (So far...)

- Measure development: testing new measures
 - ⊙ Self-report and observer based
- Outcome research: How much do our clients change over the course of counselling?
- Helpful/Hindering factors studies (endings, research)
- Case study research
- Client presenting problems: What kinds of problems do clients bring to counselling?

Nine Years on: Reflections

- Research burden: Demanding placement experience for students:
 - ⊙ Acting as researcher (invaluable but hours don't count for BACP)
 - ⊙ Some students don't have space in their lives for it
- Sustainability issues: Supported by the University (space) and EFT training income... but for how long?
- Can be tricky to balance data collection, analysis & dissemination

Future Directions

- Currently revising protocol:
 - ◎ Mostly fine-tuning research instruments & procedures
 - ◎ Goal: Move toward online data collection
 - ◎ Plan to tie more closely to new MSc Counselling course (from 2017) via group research projects using Research Clinic data
 - ◎ Developing relationships with other research or training clinics:
 - ◎ UK: Nottingham, Aberdeen
 - ◎ Elsewhere: Ecuador, Greece

Research Collaboration Possibilities

- Make available and provide training in useful research instruments
- Research Clinic students (current & former) and MSc students with counselling research data collection and/or analysis skills
- Future supervised MSc students looking for masters research projects (especially data analysis)
- Free or low cost counselling research training workshops (“knowledge exchange”)
- Partnership in funding applications: developing evaluation component

Contact

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 - Lorna: lorna.carrick@strath.ac.uk
- Let us know what instruments or articles you might like to look at or use!