



# Essential Research Findings in Counselling and Psychotherapy: The Facts are Friendly

*Mick Cooper*

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Are some therapies more effective than others? How important is the relationship? Which clients do best in therapy?

**Essential Research Findings in Counselling and Psychotherapy** answers these questions and many more, providing trainees, practitioners and researchers with a comprehensive introduction to the latest findings in the field. The book sets out in a jargon-free way the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes. It gives suggestions for further reading, definitions of key terms and questions for discussion, making this an ideal text for use in training.

The book is also designed for practitioners who increasingly need to justify their therapeutic work on empirical grounds. **Essential Research Findings in Counselling and Psychotherapy** gives them the knowledge and confidence to do just that. More than that, it makes research findings accessible and provides information on how to practice counselling and psychotherapy in an effective way.

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