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Qualitative Research Methods in Mental Health and Psychotherapy: A Guide for Students and Practitioners

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Qualitative Research Methods in Mental Health and Psychotherapy: A Guide for Students and Practitioners From Wiley-Blackwell

This book provides a user-friendly introduction to the qualitative methods most commonly used in the mental health and psychotherapy arena.

- Chapters are written by leading researchers and the editors are experienced qualitative researchers, clinical trainers, and mental health practitioners
- Provides chapter-by-chapter guidance on conducting a qualitative study from across a range of approaches
- Offers guidance on how to review and appraise existing qualitative literature, how to choose the most appropriate method, and how to consider ethical issues
- Demonstrates how specific methods have been applied to questions in mental health research
- Uses examples drawn from recent research, including research with service users, in mental health practice and in psychotherapy



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Editorial Review

Review

“In a field that at times feels dominated by obfuscating jargon and a cult-like zeal, the editors have produced an accessible, illuminating text that will be of great value to those wishing to gain an introduction to this essential and developing area of mental health research.” (*The British Journal of Psychiatry*, 1 May 2012)

"David Harper and Andrew Thompson's book **Qualitative Research Methods in Mental Health and Psychotherapy** provides a reference for students and practitioners who are using qualitative research to explore topics related to mental health. The book provides a rich and comprehensive text, with contributions from specialized authors on a number of key themes and research methods relevant to qualitative research. Despite being specifically aimed at those researching mental health issues, this text would be useful for any student or practitioner who wishes to get to grips with 'big q research'..." (*Feminism and Psychology*, 2013)

“Since receiving this book for review, I have found myself repeatedly recommending it to fellow doctoral researchers from a range of professional backgrounds, at all stages of candidature. I do so because, in my opinion, this book addresses, in an accessible, clear, yet thorough manner, the issues which all students and practitioner-researchers face in aspiring to produce high quality, creative, qualitative research in mental health and psychotherapy.” (*QMIP Bulletin Issue 15, Spring 2013*)

Review

To the urgent questions facing researchers looking for methods that are respectful of the diversity of experience of mental health and ethical practice in psychotherapy, Harper and Thompson respond with a series of different answers that are equally diverse and embedded in a vision of what can be done to take academic and professional work in the area forward. This book provides clearly written qualitative accounts of the research process, and will serve as a benchmark against which future developments in the field will be measured.

—**Ian Parker**, *Professor of Psychology, Manchester Metropolitan University, UK*

I really enjoyed reading this book! It is a very welcome addition to the growing interest in applied and applicable qualitative research in mental health practice. It is authored by a group of practitioners who collectively are at the forefront of promoting research grounded in practice, which celebrates the skills and knowledge of the practitioner, and looks to find a good fit between research questions and design and the needs of mental health practitioners and the communities they serve. The book emphasises participatory research in which service users and carers are involved and consulted at all stages. It is accessible, easy to navigate and, importantly, focuses on do-able research in mental health settings.

—**Arlele Vetere**, *Professor of Clinical Psychology, University of Surrey, UK*

From the Back Cover

This book demonstrates how qualitative methods can be used to address research issues pertinent to mental health practice and psychotherapy. With contributions from leading researchers, the book examines how to

review and appraise existing qualitative literature, how to choose the most appropriate method, and how to approach ethical issues. It provides chapter-by-chapter guidance on how to conduct a qualitative study from across a range of approaches and each chapter demonstrates how the specific method has been applied to address questions in mental health research.

This unique book uses examples drawn from recent research in mental health practice and in psychotherapy and examines service user involvement in research and the epistemological assumptions underlying the various methods.

Users Review

From reader reviews:

Jonah Masten:

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