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articles

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Counselling research and more ... where has it got to?

3 Changing the landscape through research: what can you do to make a difference?

Research studies provide the biggest key to the future of patient access to counselling, yet, even for the growing numbers of Masters students, the prospects of setting up a study which might change the face of practice, are daunting. But need this be the case, says John McLeod?

7 Doing research in multiprofessional teams

Successful outcomes for counselling research within the NHS will require counsellors to work in teams with colleagues. It will also require the professional counselling organisations to work more collaboratively with organisations like RCGP, with academic departments of primary care, and with the local research networks and research development units. There's an urgency about this. Maggie Pettifer interviews Professor Nigel Mathers, Chair of Research at RCGP

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Learning from her own experiences, and listening to her clients' stories, Kath Sharman has developed an innovative approach to weight management which mainly focuses on psychological interventions. The core philosophy of the course is self-empowerment. With obesity a growing public health problem and pressure on PCTs to do something about it, counsellors could become more involved with weight loss programmes

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Discussions with NHS staff about job-related stress and what is needed to maintain their health are no longer considered a luxury by most trusts. Healthcare professionals and their managers recognise that the ability to care for 'the other' does depend on their own well-being, but how much are they able to slow down and take stock of their situation? Counsellors working in the NHS may be able to play a valuable role in training other NHS staff to support each other in increasingly difficult work conditions, says Karen Stainsby

45 Journeying over the horizon ... beyond the medical model?

Terry Lynch started work as a GP in 1987. His early years in practice in Ireland were rewarding but gradually he had a sense of unease that the treatments provided for those with mental health problems did little to ease their difficulties. So he retrained as a therapist ...