

# Counselling And Therapy: An Introductory Survey

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## Storied images of psychotherapeutic change: Approaching children's voices through drawings.

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**Abstract.** Introduction: In the field of child psychotherapy research it is common to evaluate psychotherapeutic change through the perspective of adults, such as the child's parents or designated therapist. Research that actively includes children's perspectives of psychotherapy generally turn to verbal methods of gathering information, such as interviews. It is important, however, to take into account non-verbal resources that better facilitate expression among children. Aim: This article explores the use of drawings in order to better understand how children view psychotherapy and psychotherapeutic change. It aims to contribute to child and adolescent psychotherapy research by proposing a new methodology. Method: This study presents a single-case analysis of the "before and after psychotherapy" drawing of an eight year-old boy who was sexually abused and successfully completed the psychotherapeutic process due to this experience. Data collection methods include soliciting a drawing and carrying out an in-depth interview, both of which were examined using thematic and visual narrative analysis. Results: Participant drawing provided crucial insight into the psychotherapy process, such as perceived changes in emotional states and personal growth and empowerment, all of which allowed the child to make sense of the abusive experience. Meanings that emerged when analyzing the drawing complement verbal narratives. Discussion: The implications of these results are discussed, highlighting the importance of non-traditional research methodologies that are sensitive to children's developmental needs. Methodologies that consider the developmental characteristics of children allow them to express themselves fully, articulate their narratives and voices, and allow us to reach an understanding of their meanings of their psychotherapeutic processes.

**Keywords:** single-case analysis, child psychotherapy research, visual narrative analysis

Research on child psychotherapy is growing in the last years. The work of Klein (1984) has pioneered the field, by systematizing the psychotherapeutic experience of a "before" research on child psychotherapy, tends to exclude their perspectives, especially of young children (Carlberg, Thoren, Billström & Odhammar, 2009). According to Braddling and Horstman (1999), researchers have focused primarily on traditional methods such as surveys and clinical interviews to better understand the psy-

chotherapeutic process. Indeed, adult perceptions are often privileged, such as the child's parents or designated therapist, and when children are included, researchers tend to rely on verbal strategies to engage with young participants (Heinzel, 1997, in Kuhn, 2003).

When children are interviewed, the brevity of their verbal responses may actually relate more to their ability to retrieve information than to their knowledge or understanding of an event or concept (Drieschner, 2005). Additionally, Fuhs (2000) points to specific challenges that arise during qualitative interviews with children, such as shyness, which often inhibits their capacity for verbal expression.

Carlberg et al. (2009) show the importance of verbal and non-verbal methods for incorporating child perspectives in psychotherapy research. As a

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In discussing psychology and psychotherapy with students in both formal and informal settings, it has become obvious to me that many professionals and. Full text. Full text is available as a scanned copy of the original print version. Get a printable copy (PDF file) of the complete article (K), or click on a page. Burns has taught in British, South African and Australian universities. He is now professor in the Faculty of Education at the University of Brunei. Counselling and therapy: an introductory survey / Robert B. Burns. Author. Burns, R. B.. Published. Boston, MA: MTP Press, Content Types. text. 'An introductory text that applies a down-to-earth approach to a diversity of 23 therapeutic approaches within counselling and psychotherapy, it was ac. The focus of this introductory chapter is on describing the different forms that coun- . survey were asked about their use of counselling and psychotherapy in the. Introduction to counselling and psychotherapy (ED12, Online) This online course provides a concise and accessible introduction to a Why study with us?. Introduction to counselling and psychotherapy (D12) to our adult psychotherapy cluster of professional training programmes and it is Why study with us?. Full-Text Paper (PDF): Systematic case study research: A practice-oriented introduction to building an evidence base for counselling and psychotherapy. Short Course in Cognitive Behavioural Therapy: Research Skills. Professional An introduction to counselling provision and practice in schools. Using a variety. This paper describes a questionnaire survey of therapists in the UK who have been British Association for Counselling and Psychotherapy A Gray, An Introduction to the Therapeutic Frame, Routledge, London, to requests for disclosure of therapeutic records: An introductory study This paper describes a questionnaire survey of therapists in the UK. Counselling and Psychotherapy Research Therapist responses to requests for disclosure of therapeutic records: An introductory study. skilled therapist whose purpose is to release and strengthen the individual, rather than .. The introduction of the National Defence Education Act in The main findings of the study were that online clients reported high levels of . Chapter 4: Online Counselling and Therapy for Mental Health Problems: A . Following the Introduction (Chapter 1), the thesis presents a review. Introduction. 1 .. Some major counselling/psychotherapy approaches have been selected for presentation in .. Study the following teacher responses and.

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