## CURRICULUM VITAE

**MICK COOPER**

DPhil CPsychol FAcSS FBACP AFBPsS

ORCID ID: 0000-0003-1492-2260

## Education

* 1. *DPhil (Psychology*), Sussex University, Brighton

1985-1988 *BA (Hons) Social Psychology* (1st), Sussex University, Brighton

## Professional training

2016 *Certificate of Proficiency,* British Association for Counselling and Psychotherapy

2009 *Qualification in Counselling Psychology*, British Psychological Society

2006-2007 *Emotion-Focused Therapy Levels I and II*, University of Strathclyde, Glasgow

1997-1998 *Advanced Diploma in Existential Psychotherapy*, Regent’s College, London

1995-1996 *Diploma in Existential Counselling and Psychotherapy*, Regent's College, London

1991-1992 *Certificate in Counselling*, City University, London

## Employment

2014- *Professor of Counselling Psychology*, University of Roehampton, London

2012-2016 National Advisor for Counselling for Children and Young People’s IAPT, Department of Health/NHS England (.2fte secondment)

2005-2014 *Professor of Counselling*, University of Strathclyde, Glasgow

2005 *Reader in Counselling*, University of Strathclyde, Glasgow

2003-5 *Senior Lecturer in Counselling*, University of Strathclyde, Glasgow

1997-2002 *Senior Lecturer in Counselling*,Brighton University, Brighton

1996-7 *Lecturer in Counselling,* Brighton University, Brighton. Duties included:

1994-1996 *Visiting Lecturer*,Brighton University, Brighton

1991-1996 *Tutorial Fellow*,Sussex University, Brighton

## Additional employment

2003- *Trainer*, international (inc. Australia, Austria, Belgium, Denmark, Japan, Lithuania, Portugal) and national: facilitating workshops on: pluralistic therapy, relational depth, existential therapy

2003- *Evaluation consultant and advisor*, BACP; young people’s counselling services, including: NSPCC, East Renfrewshire Youth Counselling Service

1996- *Counselling psychologist/Psychotherapist/Counsellor*,CREST Clinic (University of Roehampton) Strathclyde Research Clinic, Glasgow;private practice, Glasgow; South Downs' Department of Clinical and Counselling Psychology, Brighton; private practice, Brighton

1990-2000 *Freelance journalist*,including articles for *Cosmopolitan*, *Company*, *Daily Mirror*, *Human Potential*, *Maxim*, *ZM Magazine*, *That’s Life*

1990-2001 *Television and radio contributor*,including ‘guest expert’ appearances on BBC1, BBC2, ITV, Granada, Central, Carlton, Radio 1, Radio 4, Radio 5, Radio Scotland, LBC, GMR

## External examining

2003- PhD/PsychD External Examiner: University of Bergen (2021), University of Reading (2021), Education University of Hong Kong (2019), University College London (2018), University of Manchester (2018), Metanoia Institute (2016, 2018), University of Sheffield (2016, 2017), City University, University of Nottingham, Regent’s College

2012-2015 Master’s in Counselling Children and Young People, University of Glyndwr

2008-2012 Doctorate in Counselling Psychology, Trinity College, Dublin

2006-2010 MA Client-Centred Psychotherapy, Leeds Metropolitan University

2003-2006 PG Dip Counselling, University of Hertfordshire

2003-2008 Advanced Diploma in Existential Psychotherapy (UKCP-registered), Regent’s College, London

2002-3 MA Counselling, University of East London

## PhD supervision

(12 completions)

2019- Helen Raynham: Exploration of the ETHOS process model of school-based counselling

2016- Charlie Duncan (nee Jackson): Goals in therapy with young people

2016- Branca sa Pires: Existential therapy for children

2016-21 Diego Vitali: Evidence based principles for psychological therapies applied in multidisciplinary chronic pain clinics

2016-21 Emily Blackshaw: Validity and reliability of the Young Person’s CORE

2015-19 Adam Gibson: Shared decision-making in counselling and psychotherapy

2012-20 Patricia Joyce: The effectiveness of pluralistic counselling versus usual intervention for young people presenting with addiction issues: A pilot randomised control trial

2011-16 Edgar Correia: The practices of existential therapists

2009-13 Katherine McArthur: Development of a pilot randomised controlled trial of counselling in schools

2007-15 Azizah Abdullah: The use of art as an adjunct to person-centred therapy

2007-12 Jane Balmforth: Clients’ disclosures in therapy

2007-12 Susan Wiggins: Development of a measure of relational depth

2006-11 Rosanne Knox: Clients’ experiences of relational depth

2005-19 Wendy Traynor: A Study of the effectiveness of person-centred counselling with people in early stage psychotic process

2001-06 Daren Britt: Mapping and conceptualising childhood sexual abuse treatment amongst residential adult substance dependency programmes

**Professional doctorate supervision to completion**

2014- University of Roehampton Doctorate in Counselling Psychology: 14 completions (Anderson, Bhatti, Birkbeck, Crossley-Lewis, Dhesi, di Malta, Feirn, Halsall, Kay, Meistaite, Mørken, O’Connor, Treanor, Versammy)

2010-2013 University of Strathclyde/Glasgow Caledonian University Doctorate in Counselling Psychology: approx. 28 completions

## Membership of professional associations

Higher Education Academic (Principal Fellow) (Dec. 2015)

Academy of Social Sciences (Academician) (May 2014)

British Association for Counselling and Psychotherapy (Fellow) (2010) (522654)

British Psychological Society (Associate Fellow) (083326)

Division of Counselling Psychology, BPS (Chartered Psychologist) (full member)

United Kingdom Council for Psychotherapy (Registered Psychotherapist) (994594)

Health and Care Professions Council (Counselling Psychologist) (PYL05141)

## Committee membership

2017- University of Roehampton: Honorary Appointments Committee, Emeritus Professor Panel, Admissions Referral Board

2015-16 Counselling curriculum development group, CYP IAPT, NHS England (co-chair)

2015-16 Steering Group, Link Pilot Training Scheme, Department for Education

2015-16 Adolescent mental health study advisory group, National Confidential Enquiry into Patient Outcome and Death (NCEPOD)

2014-15 Children and Young People’s Mental Health Taskforce (NHS England/DH) (co-chair, Access and Prevention Task and Finish Group)

2014-15 BACP Counselling Children and Young People Curriculum Development Group

2014-17 Staffing sub-committee, Research Committee, University of Roehampton.

2013-14 Clinical Lead, Counselling MindEd (www.minded.org.uk)

2012-16 Expert Reference Group, Children and Young People’s Improving Access to Psychological Therapies (CYP IAPT) Programme

2011-13 Co-Chair, Expert Reference Group, Humanistic Counselling Competences for Young People, BACP

2010- ESRC Peer Review College

2009-16 Research Foundation Scientific Committee, British Association for Counselling and Psychotherapy

2008-15 Stakeholder Reference Group, Children and Young People, BACP

2008-12 Mental Health in Scotland Psychological Therapies Group

2012-13 Governor, British Association for Counselling and Psychotherapy

2010-11 International Training Committee, Society of Psychotherapy Research

2009-10 Science Panel, Mental Health Providers’ Forum

2008-11 Psychotherapists and Counsellors Professional Liaison Group, Health Professions Council

2008-9 Workstream 1, New Ways for Working for Psychological Therapists

2008-9 Modality Working Group, Humanistic/Person-Centred Therapies, Skills for Health, NHS

2007-9 Expert Reference Group, Humanistic/Person-Centred Therapies, Skills for Health, NHS

2007-8 Glasgow Counselling Standards Review Group

2007-11 Research Committee, British Association for Counselling and Psychotherapy (BACP)

**Journal editorship**

2010-14 Editor, *Person-centered and Experiential Psychotherapies*

## Membership of journal editorial boards/advisory panels

*Psychotherapy Research*

*Counselling and Psychotherapy Research*

*Journal of Humanistic Psychology*

*Counselling Psychology Review*

*Self and Society: Journal of Humanistic Psychology*

## Journal reviews

*Assessment*, *Archives of Disease in Childhood, Australian Psychologist, British Journal of Guidance and Counselling, BMJ, BMJ Open, Child Psychiatry and Human Development, Clinical Child Psychology and Psychiatry, Clinical Psychology and Psychotherapy, Clinical Psychology Review, Counselling and Psychotherapy Research, Counselling Psychology Quarterly, Curriculum Inquiry, Entropy*, *European Journal of Psychotherapy and Counselling, Frontiers Psychiatry, Journal of Child and Family Studies, Journal of Counseling Psychology, Journal of Humanistic Psychology, Journal of Nusantara Studies, Journal of Psychotherapy Integration, Journal of Rational-Emotive Cognitive-Behaviour Therapy, Patient Preference and Adherence, Person-Centered and Experiential Psychotherapies, PLOS ONE, PLOS Medicine, Psychology and Psychotherapy: Theory Research and Practice, Psychotherapy and Politics International*, *Psychotherapy Research, The Clinical Supervisor.*

## Honours/Awards

2014 Academician, Academy of Social Sciences

2014 Carmi Harari Mid-Career Award, Division 32 (Humanistic Psychology), American Psychological Association

2012 Associate Fellow, British Psychological Society

2010 Fellow, British Association for Counselling and Psychotherapy

2005 Recognised Achievement in Counselling and Psychotherapy – Established Researcher category. British Association for Counselling and Psychotherapy

## PUBLICATIONS

### **Authored and Co-authored Books**

Norcross, J. C., & Cooper, M. (2021). *Personalizing psychotherapy: Assessing and accommodating client preferences*. APA.

Cooper, M. (2019). *Integrating counselling and psychotherapy: Directionality, synergy and social change*. Sage.

Mearns, D., & Cooper, M. (2018). *Working at relational depth in counselling and psychotherapy* (2nd ed.). Sage. [1st edition 2005].

Cooper, M. (2017). *Existential therapies*, (2nd ed.) Sage. [1st edition 2003].

Cooper, M. (2015). *Existential psychotherapy and counselling: Contributions to a pluralistic practice*. Sage.

Knox, R. and Cooper, M. (2015). *The therapeutic relationship in counselling and psychotherapy*,Sage.

Cooper, M. (2012). *Existential counselling primer*. PCCS.

Cooper, M., & McLeod, J. (2011). *Pluralistic counselling and psychotherapy*. Sage.

Cooper, M. (2008). *Essential research findings in counselling and psychotherapy: The Facts are Friendly.* Sage.

Cooper, M., and Baker, P. (1996). *The MANual: The complete man's guide to life.* Thorsons.

### **Edited and Co-edited Books**

Law, D. & Cooper, M. (eds.) (2018). *Working with goals in counselling and psychotherapy*, Oxford University.

Midgley, N., Hayes, J., & Cooper, M. (2017). *Essential research findings in child and adolescent counselling and psychotherapy*. Sage.

Cooper, M, & Dryden, W. (eds) (2016) *The handbook of pluralistic counselling and psychotherapy*, Sage.

Cooper, M., Schmid, P. F., O'Hara, M., & Bohart, A. C. (Eds.) (2013). *The handbook of person-centred psychotherapy and counselling* (2nd ed.). Palgrave. [1st edition 2007].

Knox, R., Murphy, D., Wiggins, S., & Cooper, M. (Eds.) (2013). *Relational depth: New perspectives and developments*. Palgrave.

Cooper, M., Watson, J. C., & Hölldampf, D. (eds) (2010). *Person-centered and experiential therapies work: A review of the research on counselling, psychotherapy and related practices*. PCCS.

Proctor, G., Cooper, M., Sanders, P. and Malcolm, B. (eds) (2006). *Politicizing the Person-Centred Approach: An agenda for social change.* PCCS.

Rowan, J., and Cooper, M. (eds) (1999). *The plural self: Multiplicity in everyday life.* Sage.

### **Articles in peer-reviewed journals (2009 onwards)**

Cantwell, S., Rae, J. P., Hayes, J., Vos, J., & Cooper, M. (2022). Therapists’ questions to clients about what might be helpful can be supportive without being directive: a conversation analysis. *Counselling Psychology Quarterly*, 1-22. <https://doi.org/10.1080/09515070.2021.1997917>

Cooper, M., & Xu, D. The Goals Form: Reliability, validity, and clinical utility of an idiographic goal-focused measure for routine outcome monitoring in psychotherapy. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23344>

Dhesi, M., Sefi, A., Donati, M., Hayes, J., & Cooper, M. (2022). Helpful and unhelpful elements of synchronous text-based therapy: A thematic analysis. *Counselling and Psychotherapy Research*, 22(1), 157-165. <https://doi.org/https://doi.org/10.1002/capr.12414>

Joyce, P., Cooper, M., McLeod, J., & Vos, J. (2022). Pluralistic counselling versus counselling as usual for young people presenting with addiction issues: A pilot randomised controlled trial. *Counselling and Psychotherapy Research*. <https://doi.org/https://doi.org/10.1002/capr.12514>

Sales, C., Ashworth, M., Ayis, S., Barkham, M., Edbrooke-Childs, J., Faisca, J., Jacob, J., Xu, D., & Cooper, M. (2022). Idiographic patient reported outcome measures (I-PROMs) for routine outcome monitoring in psychological therapies: A position paper. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23319>

Smith, K., Moller, N., Cooper, M., Gabriel, L., Roddy, J., & Sheehy, R. (2022). Video counselling and psychotherapy: A critical commentary on the evidence base. *Counselling and Psychotherapy Research*, 22(1), 92-97. <https://doi.org/10.1002/capr.12436>

Zarzycka, B., Jankowski, T., Szostek, D., Di Malta, G., & Cooper, M. (2022). Relational depth from the perspective of the psychotherapy dyad: Psychometric properties of the Relational Depth Frequency Scale. *Psychotherapy Research*, 1-12. <https://doi.org/10.1080/10503307.2022.2038803>

Cooper, M. (2021). Directionality: Unifying psychological and social understandings of wellbeing and distress through an existential ontology. *The Journal of Humanistic Counseling*. <https://doi.org/10.1002/johc.12148>

Cooper, M., Duncan, B., Golden, S., & Toth, K. (2021). Systematic client feedback in therapy for children with psychological difficulties: pilot cluster randomised controlled trial. *Counselling Psychology Quarterly*, 34(1), 21-36. <https://doi.org/10.1080/09515070.2019.1647142>

Cooper, M., Stafford, M. R., Saxon, D., Beecham, J., Bonin, E.-M., Barkham, M., Bower, P., Cromarty, K., Duncan, C., Pearce, P., Rameswari, T., & Ryan, G. (2021). Humanistic counselling plus pastoral care as usual versus pastoral care as usual for the treatment of psychological distress in adolescents in UK state schools (ETHOS): A randomised controlled trial. *Lancet Child & Adolescent Health*. <https://doi.org/10.1016/S2352-4642(20)30363-1>

Cooper, M., van Rijn, B., Chryssafidou, E., & Stiles, W. B. (2021). Activity preferences in psychotherapy: What do patients want and how does this relate to outcomes and alliance? *Counselling Psychology Quarterly*. <https://doi.org/10.1080/09515070.2021.1877620>

Farr, J., Moore, A., Bruffell, H., Hayes, J., Rae, J. P., & Cooper, M. (2021). The impact of a needs-based model of care on accessibility and quality of care within children's mental health services: A qualitative investigation of the UK i-THRIVE Programme. *Child: Care, Health and Development*, 47(4), 442-450. <https://doi.org/https://doi.org/10.1111/cch.12855>

Kay, E., Gillespie, A., & Cooper, M. (2021). Application of the Qualitative Method of Analyzing Multivoicedness to Psychotherapy Research: The Case of “Josh”. *Journal of Constructivist Psychology*, 34(2), 181-194. <https://doi.org/10.1080/10720537.2020.1717145>

Longhurst, P., Sumner, A. L., Smith, S., Eilenberg, J., Duncan, C., & Cooper, M. (2021). ‘They need somebody to talk to’: Parents' and carers' perceptions of school-based humanistic counselling. *Counselling and Psychotherapy Research*. <https://doi.org/https://doi.org/10.1002/capr.12496>

Ralph, S., & Cooper, M. Brief humanistic counselling with an adolescent client experiencing obsessive compulsive difficulties: A theory-building case study. *Counselling and Psychotherapy Research*. <https://doi.org/https://doi.org/10.1002/capr.12499>

Ryan, G., Bhatti, K., Duncan, C., McGinnis, S., Elliott, R., & Cooper, M. (2021). Reliability and validity of an auditing tool for person-centred psychotherapy and counselling for young people: The PCEPS-YP. *Counselling and Psychotherapy Research*. <https://doi.org/https://doi.org/10.1002/capr.12505>

Smith, K., McLeod, J., Blunden, N., Cooper, M., Gabriel, L., Kupfer, C., McLeod, J., Murphie, M.-C., Oddli, H. W., Thurston, M., & Winter, L. A. (2021). A Pluralistic Perspective on Research in Psychotherapy: Harnessing Passion, Difference and Dialogue to Promote Justice and Relevance. [Methods]. *Frontiers in Psychology*, 12(3728). <https://doi.org/10.3389/fpsyg.2021.742676>

Verasammy, K.-J., & Cooper, M. (2021). Helpful aspects of counselling for young people who have experienced bullying: a thematic analysis. *British Journal of Guidance & Counselling* 49(3), 468-479. <https://doi.org/10.1080/03069885.2021.1900777>

Di Malta, G., Cooper, M., Vos, J., & van der Veer, K. (2020). An application of the Three-Step Test-Interview (TSTI) in the validation of the Relational Depth Frequency Scale. *Journal of Humanistic Psychology*, <https://doi.org/10.1177/0022167820962626>

Di Malta, G. S., Evans, C., & Cooper, M. (2020). Development and validation of the Relational Depth Frequency Scale. *Psychotherapy Research,* 30, 213-227. <https://doi.org/10.1080/10503307.2019.1585590>

Duncan, C., Rayment, B., Kenrick, J., & Cooper, M. (2020) Counselling for young people and young adults in the voluntary and community sector: An overview of the demographic profile of clients and outcomes. *Psychology and Psychotherapy: Theory, Research and Practice*, 93(1) 36-53. doi: <https://doi.org/10.1111/papt.12206>

Farr, J., Di Malta, G. S., & Cooper, M. (2020). Pilot randomised controlled trial of counselling in a community mental health setting: Pitfalls and learnings. *Counselling and Psychotherapy Research, 20*, 3-8. <https://doi.org/10.1002/capr.12262>

Gibson, A., Cooper, M., Rae, J., & Hayes, J. (2020). Clients' experiences of shared decision making in an integrative psychotherapy for depression. *Journal of Evaluation in Clinical Practice*, 26(2), 559-568. <https://doi.org/10.1111/jep.13320>

Halsall, J., & Cooper, M. (2020). Helpful and unhelpful processes in psychological therapy for female substance users: An interpretative phenomenological analysis. *British Journal of Guidance & Counselling*. <https://doi.org/10.1080/03069885.2020.1861428>

Cooper, M., Norcross, J. C., Raymond-Barker, B., & Hogan, T. P. (2019). Psychotherapy preferences of laypersons and mental health professionals: Whose therapy is it? *Psychotherapy*. doi: 10.1037/pst0000226

Cooper, M., van Rijn, B., & Chryssafidou, E. (2019). Avatar-based counselling for psychological distress in secondary school pupils: pilot evaluation. B*ritish Journal of Guidance and Counselling*, 47(4), 446-459. doi: 10.1080/03069885.2018.1506567

Di Malta, G. S., Oddli, H. W., & Cooper, M. (2019). From intention to action: A mixed methods study of clients’ experiences of goal-oriented practices. *Journal of Clinical Psychology, 75*(10), 1770-1789. https://doi.org/10.1002/jclp.22821

Lloyd, C., Duncan, C., & Cooper, M. (2019). Goal Measures for psychotherapy: A systematic review of self-report, idiographic instruments. *Clinical Psychology: Science and Practice*. doi. 10.1111/cpsp.12281

Vos, J., Cooper, M., Hill, C. E., Neimeyer, R. A., Schneider, K., & Wong, P. T. (2019). Five Perspectives on the Meaning of Meaning in the Context of Clinical Practices. *Journal of Constructivist Psychology*, 32(1), 48-62. doi: 10.1080/10720537.2017.1390511

Swift, J. K., Callahan, J. L., Cooper, M., & Parkin, S. R. (2018). The impact of accommodation client preferences in psychotherapy: A meta-analysis. *Journal of Clinical Psychology*. 74(11), 1924-1937. doi: 10.1002/jclp.22680

Cooper, M., & Knox, R. (2018). Therapists’ self-reported chronic strategies of disconnection in everyday life and in counselling and psychotherapy: an exploratory study. *British Journal of Guidance & Counselling*, 46(2), 185-200. doi: 10.1080/03069885.2017.1343457

Correia, E., Cooper, M., Berdondini, L., & Correia, K. (2018). Existential psychotherapies: Similarities and differences among the main branches. *Journal of Humanistic Psychology*, 58(2), 119-143. doi: 10.1177/0022167816653223

Correia, E. A., Sartóris, V., Fernandes, T., Cooper, M., Berdondini, L., Sousa, D., …da Fonseca, J. (2018). The practices of existential psychotherapists: development and application of an observational grid. *British Journal of Guidance & Counselling, 46*(2), 201-216. doi: 10.1080/03069885.2016.1254723

Papayianni, F., & Cooper, M. (2018). Metatherapeutic communication: an exploratory analysis of therapist-reported moments of dialogue regarding the nature of the therapeutic work. *British Journal of Guidance & Counselling, 46*(2), 173-184. doi: 10.1080/03069885.2017.1305098

Stafford, M. R., Cooper, M., Barkham, M., Beecham, J., Bower, P., Cromarty, K., Fugard, A. J. B., Jackson, C., Pearce, P., Ryder, R., and Street, C. (2018). Effectiveness and cost-effectiveness of humanistic counselling in schools for young people with emotional distress (ETHOS): study protocol for a randomised controlled trial. *Trials, 19*(1), 175. doi: 10.1186/s13063-018-2538-2

van Rijn, B., Cooper, M., & Chryssafidou, E. (2018). Avatar-based counselling for young people within school counselling. Qualitative analysis of client experience. *Counselling and Psychotherapy Research*, 18: 1, 59-70. doi: 10.1002/capr.12155

Antoniou, P., Cooper, M., Tempier, A., & Holliday, C. (2017). Helpful aspects of pluralistic therapy for depression. *Counselling and Psychotherapy Research, 17*(2), 137-147. doi: 10.1002/capr.12116

Cooper, M., McConnachie, A., Messow, C.-M., Freire, E., Elliott, R., Heard, D., . . . Morrison, J. (2017). Patient preference as a predictor of outcomes in a pilot trial of person-centred counselling versus low-intensity cognitive behavioural therapy for persistent sub-threshold and mild depression. *Counselling Psychology Quarterly*. doi: 10.1080/09515070.2017.1329708

Pearce, P., Sewell, R., Cooper, M., Osman, S., Fugard, A. J. B., & Pybis, J. (2017). Effectiveness of school-based humanistic counselling for psychological distress in young people: Pilot randomized controlled trial with follow-up in an ethnically diverse sample. *Psychology and Psychotherapy: Theory, Research and Practice, 90*(2), 138-155. doi: 10.1111/papt.12102

Thompson, A., Cooper, M., & Pauli, R. (2017). Development of a therapists’ self-report measure of pluralistic thought and practice: the Therapy Pluralism Inventory. *British Journal of Guidance & Counselling*, 45: 5, 489-499. doi: 10.1080/03069885.2017.1373745

van Rijn, B., Cooper, M., Jackson, A., & Wild, C. (2017). Avatar-based therapy within prison settings: Pilot evaluation. *British Journal of Guidance & Counselling*, 45(3), 268-283. doi: 10.1080/03069885.2015.1068273

Cooper, M. (2016). The fully functioning society: A humanistic-existential vision of an actualizing, socially-just future. *Journal of Humanistic Psychology*. 56(6), 581-594. doi: 10.1177/0022167816659755

Cooper, M., Evans, Y., & Pybis, J. (2016). Interagency collaboration in children and young people’s mental health: A systematic review of outcomes, facilitating factors and inhibiting factors. *Child: Care, health and development*. 42(3), 325-342. doi: 10.1111/cch.12322.

Cooper, M., & Norcross, J. C. (2016). A Brief, Multidimensional Measure of Clients' Therapy Preferences: The Cooper-Norcross Inventory of Preferences (C-NIP). *International Journal of Clinical and Health Psychology, 16*(1), 87-98. doi: 10.1016/j.ijchp.2015.08.003

Correia, E., Cooper, M., & Berdondini, L. (2016). Existential therapy institutions worldwide: An update of data and the extensive list. *Existential Analysis, 27*(1), 155-200.

Correia, E., Cooper, M., & Berdondini, L. (2016). Worldwide list of existential psychotherapy institutions. *Dasein, 5*(Special issue), 83-131.

McArthur, K., Cooper, M., & Berdondini, L. (2016). Change processes in school-based humanistic counselling. *Counselling and Psychotherapy Research, 16*(2), 88-99. doi: 10.1002/capr.12061

Twigg, E., Cooper, M., Evans, C., Freire, E., Mellor-Clark, J., McInnes, B., & Barkham, M. (2016). Acceptability, reliability, referential distributions and sensitivity to change in the Young Person's Clinical Outcomes in Routine Evaluation (YP-CORE) outcome measure: replication and refinement. *Child and Adolescent Mental Health, 21*(2), 115-123. doi: 10.1111/camh.12128

Cooper, M., Fugard, A. J. B., Pybis, J., McArthur, K., & Pearce, P. (2015). Estimating effectiveness of school-based counselling: Using data from controlled trials to predict improvement over non-intervention change. *Counselling and Psychotherapy Research, 15*(4), 262-273. doi: 10.1002/capr.12017

Cooper, M., Wild, C., van Rijn, B., Ward, T., McLeod, J., Cassar, S…. Sreenath, S. (2015). Pluralistic therapy for depression: Acceptability, outcomes and helpful aspects in a multisite study. *Counselling Psychology Review, 30*(1), 6-20.

Daniunaite, A., Cooper, M., & Forster, T. (2015). Counselling in UK primary schools: Outcomes and predictors of change. *Counselling and Psychotherapy Research, 15*(4), 251-261. doi: 10.1002/capr.12016

Freire, E., Williams, C., Messow, C.-M., Cooper, M., Elliott, R., McConnachie, A., . . . Morrison, J. (2015). Counselling versus low-intensity cognitive behavioural therapy for persistent sub-threshold and mild depression (CLICD): a pilot/feasibility randomised controlled trial. *BMC Psychiatry, 15*(1), 197. doi: 10.1186/s12888-015-0582-y

Morgan, C., & Cooper, M. (2015). Helpful and unhelpful aspects of counselling following breast cancer: A qualitative analysis of post-session Helpful Aspects of Therapy forms. *Counselling and Psychotherapy Research, 15*(3), 197-206. doi: 10.1002/capr.12028

Simonsen, G., & Cooper, M. (2015). Helpful aspects of bereavement counselling: An interpretative phenomenological analysis. *Counselling and Psychotherapy Research, 15*(2), 119-127. doi: 10.1002/capr.12000

Vos, J., Cooper, M., Correia, E., & Craig, M. (2015). Existential therapies: A review of their scientific foundations and efficacy. *Existential Analysis, 16*(1), 49-69.

Vos, J., Cooper, M., Correia, E., & Craig, M. (2015). Existential therapies: A discussion and review of research methodologies and the evidence base to date. *International Journal of Psychotherapy, 19*(1), 47-57.

Wallace, K., & Cooper, M. (2015). Development of supervision personalisation forms: A qualitative study of the dimensions along which supervisors’ practices vary. *Counselling and Psychotherapy Research, 15*(1), 31-40.

Willig, C., Berguno, G., Cooper, M., Milton, M., du Plock, S., & Spinelli, E. (2015). The challenge to theory in existential psychotherapy. *Existential Analysis, 26*(2), 225-236.

Cooper, M. (2014). Wants: A core humanistic construct. *Self and Society, 42*(3-4), 30-36.

Cooper, M., McGinnis, S., & Carrick, L. (2014). School-based humanistic counselling for psychological distress in young people: A practice research network to address the attrition problem. *Counselling and Psychotherapy Research,* 14(3), 201-211.. doi 10.1080/14733145.2014.929415

Correia, E., Cooper, M., & Berdondini, L. (2014). The worldwide distribution and characteristics of existential psychotherapists and counsellors. *Existential Analysis, 25*(2), 321-337.

Correia, E., Cooper, M., & Berdondini, L. (2014). Existential Psychotherapy: An international Survey of the Key Authors and Texts Influencing Practice. *Journal of Contemporary Psychotherapy*. doi: 10.1007/s10879-014-9275.

Correia, E., Correia, K., Cooper, M., & Berdondini, L. (2014). Psicoterapia existencial latinoamericana en la actualidad. *Revista Latinoamericana de Psicología Existencial, 9*, 26-37.

Freire, E., Morrison, J., Williams, C., Cooper, M., Elliott, R., McConnachie, A., Walker, A. and Heard, D. (2014) Counselling versus low-intensity Cognitive Behavioural Therapy for persistent subthreshold and mild depression (CLICD): study protocol for a pilot/feasibility randomised controlled trial. *SpringerPlus.*

Jackson, C., Pybis, J., Cooper, M., Hill, A., Cromarty, K., & Rogers, J. (2014). Users of secondary school-based counselling services and specialist CAMHS in Wales: A comparison study. *Counselling and Psychotherapy Research, 14*(4), 315-325. doi: 10.1080/14733145.2013.838596

Omylinska-Thurston, J., & Cooper, M. (2014). Helpful processes in psychological therapy for patients with primary cancers: A qualitative interview study. *Counselling and Psychotherapy Research*, 14: 2, 84-92.

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### Monographs, reports and book reviews (2009 onwards)

Cooper, M. (2016). A practical guide to psychotherapy informed by existential ideas**. [**Review of the book *Pragmatic existential counseling and psychotherapy: Intimacy, intuition, and the search for meaning* by J. L. Shapiro]. PsycCRITIQUES, 61(16).

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Hill, A., Roth, A., & Cooper, M. (2013). The competences required to deliver effective humanistic counselling for young people. Lutterworth: BACP.

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### **Articles in professional journals (2009 onwards)**

Cooper, M. (2021). The Effectiveness and Cost-Effectiveness of Person-Centred Counselling in Secondary Schools. 2021/3 [*Gesprächspsychotherapie und Personzentrierte Beratung*](https://www.gwg-ev.org/verlag-shop/gwg-verlag/detail/20213-gespraechspsychotherapie-und-personzentrierte-beratung), 8-10.

Cooper, M. (2021). What’s going on in school counselling? *BACP Children, Young People, & Families*, June, pp. 15-17.

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Cooper, M. (2017, November). Meeting at relational depth. *Therapy Today*, 28-32.

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Cooper, M. (2013). Counselling in UK secondary schools. *Therapy Today, 24*(5), 26-28.

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Cooper, M., & McLeod, J. (2010). Pluralism: Towards a new paradigm for therapy. *Therapy Today, 21*(9), 10-14. Reprinted in *The professional counsellor: The Australian Institute of Professional Counsellors National Newsletter* (2010: 4, 13-16).

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Cooper, M. (2009). Therapy: The evidence about what works, *Human Givens*, 16: 2, 20-23.

## Invited keynote and plenary papers (2009 onwards)

2022 (Mar.) Directionality: A Framework for Integrating Psychological and Social Theory and Practice. *Spring Conference*, Adlerian Society UK, High Wycombe.

2021 (Nov.) Directionality: A framework for integrating psychological and social theory and practice. *2021 Psychological Society of Ireland Conference.* Online.

2021 (Jul.) Goals in therapy: Actualising our deepest directions. Post-Conference Lecture. *Biennial conference for the Chinese Clinical and Counseling Psychology Registration System*, Online.

2021 (Jul.) Personalising psychotherapy: Assessing and accommodating patient preferences. Keynote Lecture. *St Petersburg Psychology Week*. Online.

2021 (May) The Results of the ETHOS Trial for Young People and Implications for Person-Centred Therapy¸ *BACP Research Conference 2021*, Online.

2021 (Mar.) School-based counselling: Does it work? Is it cost-effective? What are the processes of change? Findings from the ETHOS trial. *BACP Children, Young People, and Families Conference 2021*, Online.

2019 (Nov.) Relational depth and psychotherapy. *Manchester Institute for Psychotherapy Annual Conference*, Manchester.

2019 (Oct.) Directionality: Implications for compassion focussed therapy. *The Compassionate Mind Foundation’s 8th International CFT Conference*, Edinburgh.

2019 (Jul.) Directionality: A purpose-centred basis for integrative therapeutic practice. *International Meaning Conference*. London.

2019 (Jun.) Directionality as an integrating framework for counselling psychology: Tomorrow’s mysteries today. *Division of Counselling Psychology Annual Conference*, Cardiff.

2019 (May) Relational depth: Moments of movement in therapy. Keynote lecture. *Person-Centred Europe Symposium 2019*, Warsaw, Poland.

2019 (Apr.) Integrating psychological practice: Directionality, fragmentation, and the development of synergies. Keynote lecture. *Horizons of Psychology 2019*, *St Petersburg State Institute of Psychology and Social Work.* St Petersburg, Russia.

2019 (Mar.) School-based counselling in the UK: A review of the evidence. Invited lecture, *Iron Mill College Conference 2019*. Poole, Dorset.

2018 (Sep.) Working with goals in counselling and psychotherapy: A state-of-the-art review. Keynote lecture. *2018 Australian Psychological Society Congress*, Sydney, Australia.

2018 (Sep.) Directionality: Towards an integrative framework for counselling and psychotherapy. Invited lecture. *The University of Auckland*. Auckland, New Zealand.

2018 (Jun.) Directionality, Synergy, and Social Justice. *Association for Cognitive Analytic Therapy Annual Conference*, Keele.

2018 (Jun.) Developing an integrative model of counselling and psychotherapy: Contributions from (and to) transactional analysis, *European Association of Transactional Analysis Theory Development and Research Conference*, London.

2018 (Jun.) Working at relational depth: What the research is telling us and the implications for coaching. *Adventures in Coaching Research Conference*, Ashridge, Hertfordshire.

2018 (Jun.) Counselling in UK secondary schools: A critical review of the evidence. *Mental Health and Education: Building Relationships*. Manchester.

2018 (Jun.) Relational depth and the therapeutic relationship. *Cultivating the therapeutic relationship*. Compassionate Mind Foundation. Derby.

2018 (Mar.) Directionality: Deepening an understanding of goal-oriented theory and practice. *1st International Conference on Pluralistic Counselling and Psychotherapy*, Dundee.

2017 (Sep.) School-based counselling: A review of the evidence, *Mental Health in Schools*, University of Reading.

2016 (Sep.) Pluralistic Counselling and Psychotherapy: Contemporary Developments, *Joint conference of PACFA (Psychotherapy and Counselling Federation of Australia), CCAA (Christian Counsellors Association of Australia), SCAPE (Society of Counselling and Psychotherapy Educators), and APECA (Association of Psychological and Educational Counselors of Asia Pacific)*, Melbourne.

2016 (Jul.) The Tree of Desires: A Purpose-oriented Framework for Integrating Theories of Human Wellbeing, Distress and Change, *9th Biennial International Meaning Conference*, Toronto.

2016 (May) From local evaluation to national impact: Developing a programme of research on school-based counselling, *22nd Annual BACP Research Conference*, Brighton.

2016 (Jan) Counselling in UK Secondary Schools: What we know, what we’re doing, what we need to find out, *Inaugural lecture*, University of Roehampton.

2015 (May) The uncertainty of uncertainty: A pluralistic perspective on existential therapy. *1st World Congress of Existential Therapy*, London.

2015 (May) Existential contributions to counselling and psychotherapy: A pluralistic perspective*. University of Norway*,Oslo.

2014 (Nov) Interpersonal connection, mental wellbeing and health, *Relationships and their impact on mental health, Accord Therapists Conference*, Langley.

2014 (Nov) Counselling and Psychotherapy research findings: What we know and where we’re going, *5th National Conference of the Counselling Psychology Branch of the Hellenic Psychological Society*, Patras, Greece.

2014 (Oct) School-based counselling for psychological distress: What’s working, what needs improving? *Improving adolescent mental health services,* London.

2014 (Oct) Counselling interventions in UK Secondary schools: Current findings and developments. *Young Works Event, BPS Division of Counselling Psychology*, London.

2014 (Sep) Evidence-based research in the context of existential therapy. *East European Association for Existential Therapy, VIII International Conference*, Birstonas, Lithuania.

2014 (Aug) Synergy and dysergy: Articulating a humanistic-existential theory of psychological and social change, *2014* *American Psychological Association Convention,* Washington DC.

2014 (Jul) Championing diversity within psychotherapy and counselling: Person-centred pluralism, 11th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Buenos Aries, Argentina.

2014 (May) School-based humanistic counselling: Evaluation, evolution and actualisation, *Mary Kilborn Lecture*, University of Strathclyde, Glasgow.

2014 (Apr) School-based counselling: Putting psychology into practice, *University of Roehampton Psychology Student Conference*, London.

2014 (Apr) Using systematic feedback in counselling with children and young people, *European Association of Counselling Annual Conference*, Valetta, Malta.

2014 (Mar) Pluralistic counselling, *Irish Association of Counselling AGM*, Dublin.

2014 (Feb) Counselling and Psychotherapy research findings: What we know and where we’re going, *6th Annual University of Central Florida Counselling Conference,* Florida, USA.

2013 (Nov) Experiences as a practitioner and researcher, *BACP CYP PRN Day,* London.

2013 (Nov) MindEd and Counselling MindEd, *CYP IAPT National Conference*. London.

2013 (Oct) Are the facts friendly? Person-centred therapy in an era of ‘evidence-based’ practice, *Shared practices in non-medicalised health care: Conference in celebration of 20 years of PCCS Books*, Birmingham*.*

2013 (Sep) The effectiveness of school-based counselling with young people, *Joint Russian Association for Psychological Counselling and the European Counselling Association*, St. Petersburg, Russia.

2013 (July) The facts are friendly: Evidencing the humanistic approaches to psychological practice, *Association of humanistic psychology and humanistic integrative psychotherapy college joint conference,* London.

2013 (Jun) Systematic outcome and process feedback: A relational perspective, *Place2Reflect*, London.

2013 (Jun) The effectiveness of existential therapies: A review, critique and discussion, *Talk from the Chair*, Society of Existential Analysis, London.

2013 (Apr) Psychotherapy research: Summarizing the evidence and recent developments, *Ciclo de Conferencias,* Lisbon, Portugal.

2013 (Feb) Control theory and existential and humanistic approaches to therapy, *Centre for Remote Health*, Alice Springs, Australia.

2013 (Feb) Psychotherapy research findings: What the evidence is telling us, *Australian Psychological Society Counselling Psychology Conference*, Melbourne, Australia.

2013 (Jan) School-based counselling for young people in the UK: What we know, how it fits with a contemporary NHS agenda, and new developments, *Working with children and young people conference*, Online Events, Edinburgh.

2012 (Dec) Experiencing relational depth in therapy, *BPS Psychology4Students*, London.

2012 (Dec) School-based humanistic counselling: Does it help reduce distress and, if so, how? *CAMHS Evidence-based Practice Unit*, London.

2012 (Nov) School-based counselling for psychological distress: What's working and what's next? *Psychological Therapies in the NHS (‘Savoy’) Conference,* London.

2012 (Nov)Process mapping: Bringing together qualitative and quantitative ways of doing research, *9th COSCA Counselling Research Dialogue*, Stirling.

2012 (June) Process mapping: Representing multiple change experiences in counselling and psychotherapy, *UKCP 3rd Annual Research Conference*, London.

2012 (June) E-learning for Counselling: Counselling, CAMHS, and the development of the e-learning portal, *1st CYP IAPT Conference*, London.

2012 (Mar) Research in counselling and psychotherapy -- the facts are friendly, *Celebrating Innovation: Redcar and Cleveland College Counselling Conference*, Redcar.

2012 (Mar) Introduction to pluralistic counselling and psychotherapy, *Hartop Lecture*, Durham.

2012 (Jan) Evaluation of the Time 4 Me intervention, *Stormont Parliament*, Northern Ireland.

2011 (Nov.) Counselling in UK schools; What the research is telling us, *BACP CCYP Conference*, London.

2011 (Nov.) Evaluation of the Welsh school-based counselling strategy: The Findings, *School-based Counselling Conference*, Cardiff.

2011 (Aug.) Person-centred therapy today and tomorrow: Vision, challenge and growth. *5th BAPCA Conference*. Cirencester.

2010 (Sept.) Does therapy work and, if so, why? A review of the evidence base, *Drugs and Alcohol Project Limited AGM*, Kirkcaldy.

2010 (May) The therapeutic relationship: What the research tells us, *British Association for Sexual and Relationship Therapy, Annual Conference*, Warwick.

2010 (May) Counselling in UK secondary schools: Process and outcome, *Relate conference on children, young people and families*, Birmingham.

2010 (Apr.) Powerlessness: An existential perspective, *Landelijk Congres, Vereniging voor Cliëntgerichte Psychotherapie*, Arnhem, The Netherlands.

2010 (Apr.) The facts are friendly: Essential Research Findings <Der aktuelle Stand der Forschung zur Personzentrierten Psychotherapie> *Sigmund Freud University*, Vienna.

2010 (Mar.) Pluralistic therapy as person-centred: From client-centred to client-directed, *104th Public Lecture*, Counselling Service, University of East Anglia, Norwich.

2010 (Mar.) What do we know about the effectiveness of counselling and psychotherapy? *Evidence-based practice*, University of Huddersfield. (Evaluation: 96% rated ‘Good’/’Very good’, mean = 90.33%).

2010 (Feb.) Reviewing the evidence of secondary school-based counselling, *The Place2Be Research Conference 2010*, London.

2009 (Nov.) What we know about the effectiveness of counselling and psychotherapy,’ *3rd Annual Conference of the Newport Centre for Counselling Research*, Newport.

2009 (Oct.) Counselling in schools: What the research tells us, what we need to find out, *A Celebration of School-based Counselling in Wales: From Policy to Practice*, Llandrindod Wells.

2009 (Sept.) What makes counselling effective? The evidence base and the UK context, *Japanese Association of Industrial Counselling*, Tokyo.

2009 (Sept.) Pluralistic psychotherapy: Theory, research, practice,’ *Conference of the Japanese Association of Humanistic Psychology*, Tokyo.

2009 (July) The way forward? Re-humanising therapy – an existential-humanistic ethic at the core of psychological practice,’ *Division of Counselling Psychology Annual Conference*, University of Warwick.

2009 (June) ‘Relational Depth: Where we are now,’ *2nd Relational Depth Research Conference*, Nottingham.

## Peer-reviewed papers (2009 onwards)

2021 (Jul.) Clients’ experiences of preference accommodation in psychotherapy: A consensual qualitative research. *Division of Counselling Psychology Annual Conference, 2021*. Online.

2021 (Jul.) Client perspectives on preference accommodation in therapy: A consensual qualitative research study. *4th International Conference on Pluralistic Counselling and Psychotherapy*. Online.

2021 (Jul.) The Goals Form: Reliability, Validity, and Clinical Utility of an Idiographic Goal-Focused Tool for Routine Outcome Monitoring in Counselling and Psychotherapy. *4th International Conference on Pluralistic Counselling and Psychotherapy*. Online.

2019 (Oct.) Directionality, synergy, and social change: Linking therapy to social justice. *Let the Voices Be Heard: An International Conversation on Counselling, Psychotherapy, and Social Justice.* Belfast.

2018 (Nov.) Directionality, synergy, and social change: An integrative framework for counselling and psychotherapy based on existential principles. *Society for Existential Analysis Annual Conference,* London.

2018 (July) Directionality and synergy: Developing an integrative framework for counselling psychology practice. *Division of Counselling Psychology Annual Conference*, Newcastle.

2018 (July) Clients' experiences of goal-based practices in therapy: Helpful and unhelpful aspects. *Division of Counselling Psychology Annual Conference*, Newcastle.

2018 (May) The development of a brief, multidimensional measure of clients’ therapy preferences: The Cooper–Norcross Inventory of Preferences, *24th Annual BACP Research Conference*, London.

2018 (May) Client experiences of goal negotiation in the early stages of pluralistic therapy, *24th Annual BACP Research Conference*, London.

2018 (Mar.) The development of the C-NIP preference tool, and its use in clinical practice. *1st International Conference on Pluralistic Counselling and Psychotherapy*, Dundee.

2017 (July) ProReal avatar-based counselling with young people: An evaluation. *Division of Counselling Psychology Annual Conference*, Stratford-upon-Avon.

2017 (July) Developing ETHOS: A fully-powered RCT of school-based humanistic counselling. *Division of Counselling Psychology Annual Conference*, Stratford-upon-Avon.

2016 (July) Relational depth: Ten years on*,* 12th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, New York.

2016 (July) School-based humanistic counselling for psychological distress in young people (the ETHOS trial): A nationally-funded randomised controlled trial*,* 12th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, New York.

2016 (July) (with Jacqueline Hayes) Making decisions together in counselling and psychotherapy*,* 12th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, New York.

2016 (July) Counselling in UK secondary schools: A review of evidence, and the development of the ESRC-funded ETHOS trial, *Division of Counselling Psychology Annual Conference*, Brighton.

2016 (July) Assessing clients’ preferences for therapy: The Cooper-Norcross Inventory of Preferences (C-NIP), *Division of Counselling Psychology Annual Conference*, Brighton.

2016 (Jun) A pluralistic framework for psychotherapy and counselling: Ten years on, *Society for Psychotherapy Integration Annual Conference,* Dublin.

2015 (Nov) A pluralistic perspective on existential therapy, *Society for Existential Analysis Conference*, London.

2015 (May) Metatherapeutic communication: What, when and how do therapists talk to their clients about the process of therapy?, *21st Annual BACP Research Conference*, Nottingham.

2015 (May) Treatment preference as a moderator of outcomes for low-intensity interventions for depression, *21st Annual BACP Research Conference*, Nottingham.

2014 (Aug.) Extending person-centered principles to the metatherapeutic level: Developing a pluralistic approach to psychotherapy, *2014* *American Psychological Association Convention,* Washington DC.

2014 (July) Being Counselling MindEd: Developments in evidence, training, and policy in school-based humanistic counselling, 11th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Buenos Aries, Argentina.

2014 (July) Existential therapy for person-centred therapists, 11th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Buenos Aries, Argentina.

2014 (July) Developing pluralistic practice, 11th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Buenos Aries, Argentina.

2014 (July) Working at relational depth, 11th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Buenos Aries, Argentina.

2014 (May) School-based counselling in UK secondary schools: A review and critical evaluation, 20th Annual BACP Research Conference, London.

2014 (May) The outcomes of pluralistic therapy for depression,’ 20th Annual BACP Research Conference, London.

2013 (Jul) School-based counselling for psychological distress in young people: Review and critical reflections, *CAMHS Conference,* Northampton.

2013 (July) Pluralistic therapy for depression: Development of a multi-site research programme, *BPS Division of Counselling Annual Conference*, Cardiff.

2013 (July) Counselling interventions in UK Secondary Schools: Current findings and developments, *BPS Division of Counselling Annual Conference*, Cardiff.

2013 (May) Therapists’ chronic strategies of disconnection: Prevalence in everyday life and in therapy, *BACP Research Conference*, Birmingham.

2013 Pilot randomised controlled trials of school-based counselling for psychological distress in young people, *37th Scottish Educational Research Association Conference,* Ayr.

2012 Outcomes of school-based person-centred counselling for psychological distress in young people, 10th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Antwerp.

2012 Hierarchy of wants: An integrating framework for person-centred therapy and the field of psycho-social change, 10th *World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Antwerp.

2011 Development and piloting of a personalised goal-based outcome measure, *Division of Counselling Psychology Annual Conference,* Bristol.

2011 School-based humanistic counselling for psychological difficulties in young people: Pilot randomised controlled trial, *42nd Annual Meeting Society of Psychotherapy Research*, Bern, Switzerland.

2011 Evaluation of school-based counselling using a sample with a high response rate, *17th Annual BACP Research Conference, Heathrow.*

2011 Therapists’ and clients’ experiences of relational depth: Are they synchronous or asynchronous?’ *17th Annual BACP Research Conference, Heathrow.*

2010 Synchrony in clients’ and therapists’ experiences of relational depth: An analogue study,’ *COSCA 7th Counselling Research Dialogue*, Stirling.

2010 Effectiveness of school counselling and moderators of outcomes: Evaluation using weekly outcome measures,’ *COSCA 7th Counselling Research Dialogue*, Stirling.

2010 Counselling in schools as a psychological intervention: A review of the evidence, *Division of Counselling Psychology Annual Conference,* Glasgow.

2010 Researching person-centered and experiential psychotherapy and counselling: The next steps, 9*th World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Rome.

2010 Relational depth: A review of the research, 9*th World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Rome.

2010 Towards a unified psycho-social theory of actualisation and empowerment, 9*th World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Rome.

2010 A pluralistic approach to therapy: Striving to actualize the essence of person-centered values, 9*th World Conference on Person-Centred and Experiential Psychotherapy and Counselling*, Rome.

2010 Efficacy of person-centred counselling in schools for emotional distress: Pilot randomised controlled trial, *16th Annual BACP Research Conference, Heathrow.*

2010 Synergy and dysergy: Towards an understanding of well-being that bridges the psychological and political planes, *Psychotherapy and politics*, Leeds.

2009 Working at relational depth: The latest research findings, *20th BAPCA Conference*, Reading.

2009 The development of a randomised controlled trial to assess the efficacy of counselling in schools, *15th Annual BACP Research Conference*, Portsmouth.

2009 Working at relational depth in counselling and psychotherapy: New research findings, *15th Annual BACP Research Conference*, Portsmouth.

## Research and Development

2018 *British Psychological Society, Division of Counselling Psychology*, Accommodation of client preferences in pluralistic therapy, £9.3k.

2017 *Department of Psychology, University of Roehampton,* Small Research Grant, Client preferences and outcomes, £3k.

2016 *Health Foundation*, Evaluation of the iTHRIVE model of mental health care for children and young people, £80k (Total funding: £500k).

2016 *Economic and Social Research Council (ESCR)*, Effectiveness and cost-effectiveness Trial of Humanistic cOunselling in Schools: Individual RCT (ETHOS), £859k.

2016 *Department of Psychology, University of Roehampton,* Small Research Grant, Goals in Mind, £2.9k.

2014-16 *Small Business Research Initiative (SBRI)*, Evaluation of ProReal avatar-based software for young people, £93.3k (Total funding: £987k).

2014 *Small Business Research Initiative (SBRI)*, Evaluation of ProReal avatar-based software in prisons, £40k.

2012-2014 *British Association for Counselling and Psychotherapy*, Clinical Lead, Counselling MindEd, .2 fte.

2012 *Department of Health*, Counselling MindEd e-learning programme, £753,980.

2012 *Greater Glasgow and Clyde NHS*, School counselling for children with social, emotional and behavioural needs (COSEE-II), £19.5k.

2012 *Relate*, Evaluation of Relate’s online counselling service for young people (RELON study), £4.3k.

2012 *British Psychological Society, Division of Counselling Psychology*, Pluralistic therapy for depression pilot study, £3k.

2012 *Chief Scientist Office*, Scotland. Counselling versus low intensity CBT for low mood, £180k.

2012 *British Association of Counselling and Psychotherapy*, Co-lead, Development of competences for counselling children and young people, £6k.

2011 *Society for Existential Analysis*, Meta-analysis of effectiveness of existential therapies, £5k.

2011 *British Association of Counselling and Psychotherapy*, Briefing paper on developing an RCT of Counselling for Depression, £3k.

2010 *National Assembly for Wales*, Lead investigator, Evaluation of school-based counselling in Wales, £85k.

2009 *British Association of Counselling and Psychotherapy*, Development of a pilot RCT of counselling in schools, £40k (additional £3k from Greater Glasgow and Clyde NHS).

2007 *British Association of Counselling and Psychotherapy*, Co-investigator, Development of a core curriculum for counselling and psychotherapy courses, £30k.

2007 *National Assembly for Wales*, Co-investigator, Study of counselling services available to children and young people in Wales, £41k.

2007 *East Renfrewshire Youth Counselling Service*, £5k. Principal Investigator. Analysis of evaluation.

2007 *Glasgow and Clyde NHS Board,* £217k. Co-investigator, continuation of phase II of Counselling in Schools Project.

2007 *British Association of the Person-Centred Approach*, £20k, Funding to support meta-analysis of research into the efficacy of Person-Centred and Experiential Therapies

2006 *British Association of Counselling and Psychotherapy*, £15k. Teaching release to write counselling and psychotherapy research book.

2006 *Glasgow and Clyde NHS Board,* £183k. Chief Investigator, continuation of phase II of Counselling in Schools Project.

2005 *Greater Glasgow NHS Board,* £21k. Evaluation of phase II of Counselling in Schools Project.

2005 *Greater Glasgow NHS Board,* £150k. Chief Investigator, phase II of Counselling in Schools Project.

2004 *Carnegie Trust* and *British Association of Counselling and Psychotherapy*, £54k. Co-Director, Tayside Counselling (research) Clinic.

2004 *East Renfrewshire Youth Counselling Service*, £4k. Analysis of evaluation.

2002 *Greater Glasgow NHS Board,* £75k. Researcher and Evaluator on research and development project evaluating effectiveness of counselling in schools.

2000 *Brighton and Hove Attachment Project,* £15k.Co-evaluator, Child and Adolescent Mental Health Service.