

## **UKAHPP GUIDELINES FOR COUNSELLING AND PSYCHOTHERAPY CASE STUDIES**

The case study is the means by which you will present your therapy in action and illustrate how it resonates with the humanistic approach. You are invited to bring your work alive by writing as much from the heart as from the head. We are looking for an account that comes across as authentic and transparent, where it is possible for us to meet both your client and yourself in a meaningful way. Within this framework, you will need to show how you engage in safe and ethical therapeutic relationship as well as demonstrating your knowledge and understanding of theory. We look forward to further discussing the case studies at the interview that will be offered to successful applicants as the final stage of the accreditation process. We hope that will be seen as an opportunity to discuss your work in the manner of a viva.

It is important that the case study is reflective of your current practice; therefore, it should either be new (written for the purposes of this application) or recent (with changes made to ensure it follows these detailed guidelines). The account should be between approximately 3,000 to 5,000 words, with attention given to presentation and quality of writing. All pages must be numbered in order of sequence. You are expected to include theoretical language relevant to your approach, offering some exploration of its meaning and of how it resonates with the humanistic frame. You should include in this a description of the relational dynamics, in the terms of the theoretical language you use, e.g. transference and counter-transference. You will need to feel for how to do this without losing the authenticity of your presentation, and for how the theories you refer to can be meaningful in your humanistic practice.

It is important to include the use you made of supervision. You should show how you explored any difficulties you were having, including how you reflected on the relational dynamics – what you learnt about your personal reactions in relation to the client, what you learnt about the client in relation to you – and what difference these reflections made in subsequent sessions. Where your own issues were highlighted, you should acknowledge how you addressed them outside of the sessions with your client.

In order to illustrate the depth of your engagement and understanding, where possible please choose a client with whom you have worked for long enough to illustrate significant therapeutic shifts, and, if you are applying as a psychotherapist, some degree of characterological transformation. You can write about a client you are still seeing if you feel that this will best illustrate your practice; if so we would like you to speculate on the potential ending of the work, for instance, at what point the therapy might feel complete in terms of time frame and the issues your client is addressing with you. Within the study we ask you to include and briefly reflect on two or more word for word extracts of dialogue between yourself and your client, each consisting of several interchanges. These are intended to show, for instance, how you come into relationship with your client, how you manifest your particular approach through what you say, and how you use your interventions to support and move the work. You could use extracts which illuminate transference aspects played out in this particular relationship. You

might also include interchanges which, in retrospect, you might have preferred to handle differently.

To enable us to hold your client in mind as we read your account, it is usually best to start by giving a brief description of the person you meet, with a summary of the issues and history which they have presented at the start of the therapy. You might include here your first responses to them, e.g. what was it like to come into relationship with this person? What meaning did you make of their issues and what did you feel they might need from therapy? You could also indicate at this point how you addressed issues of safety and confidentiality.

After this, rather than giving a session by session account, you should consider how best to illustrate the movement of the work by summarising the general course of the therapy and giving more focus to moments, or sessions, or stages of the relationship which were of particular significance. We encourage you to write a continuous narrative which interweaves the main issues addressed, along with your sense of your client's process and your own - such that there is a sense of flow and connection rather than of separation. You would interweave any issues which you explored in supervision, to illustrate how this affected you and your relationship with your client. You might also include any ethical issues which impacted on the therapy.

In completing the account, your conclusion should be an honest summing up of the work done, through which you reflect on what was useful and what was less so, rather than being an attempt to illustrate that your work is flawlessly successful.

The following pages contain the criteria we will be looking for in assessing your case study; please give them careful attention.

**Although citing authors and a List of References has not been mandatory in the past , UKAHPP now requires applicants to do this and would prefer that the Harvard System is used.**

In order to have an accurate record of authors you may quote we suggest that you write down the details of your sources as you go along.

For **books**, record:

- The author's or editor's name (or names)
- The year the book was published
- The title of the book
- If it is an edition other than the first
- The city the book was published in
- The name of the publisher

For **journal articles** record:

- The author's name or names
- The year in which the journal was published
- The title of the article

- The title of the journal
- The page number/s of the article in the journal
- As much other information as you can find about the journal, for example the volume and issue numbers

For **electronic resources**, try to collect the information on the left if it is available, but also record:

- The date you accessed the source
- The electronic address or email
- The type of electronic resource (email, discussion forum, WWW page, etc)

In addition to these details, when you are taking notes, if you copy direct quotations or if you put the author's ideas in your own words, write down the page numbers you got the information from.

Direct quote should be set out as:

'The word 'gestalt' has no English equivalent' (O'Leary, 1992:10) – in others words  
Name of Author, Date of Publication: Page Number.

A paraphrased quotation should be set out as

O'Leary states that there is no equivalent word in English for 'gestalt' (O'Leary, 1992:10).

For a full and very clear explanation of the Harvard referencing system you may find visiting the following link to the University of Exeter useful  
[http://education.exeter.ac.uk/dll/studyskills/harvard\\_referencing.htm](http://education.exeter.ac.uk/dll/studyskills/harvard_referencing.htm)

### **Booklist**

The following books and articles might be useful in helping you bring your case study to life:

Whitton, Eric (ed), 2003: "Humanistic Approach to Psychotherapy", Whurr Publishing Ltd, UK.

Shohet, Robin (ed), 2008: "Passionate Supervision", Jessica Kingsley Publishers, London, UK.

Gilbert, Maria & Evans, Kenneth, 2000: "Psychotherapy Supervision", Oxford University Press, UK.

Kearns, Anne, 2005: "The Seven Deadly Sins? Issues in Clinical Practice and Supervision for Humanistic and Integrative Practitioners", Karnac, London UK.

Yalom, Irvin, 1989: "Love's Executioner and Other Tales of Psychotherapy", Bloomsbury, UK.

These books are available through Karnac, which specialise in therapy publications - [www.karnacbooks.com](http://www.karnacbooks.com) – as well as other suppliers & bookshops. You may also want to try online at Amazon.com

# **ASSESSMENT CRITERIA - COUNSELLING AND PSYCHOTHERAPY CASE STUDIES**

## **OVERALL FOR BOTH COUNSELLING AND PSYCHOTHERAPY**

An account which comes over as authentic and transparent, where it is possible to 'meet' both client and therapist in a meaningful way.

Presentation and quality of writing of a satisfactory standard. Length 3,000 – 5,000 words.

Evidence of safe and ethical practice.

**/10 points**

## **DURATION OF THERAPEUTIC RELATIONSHIP**

**Counselling** – Client seen for a period sufficient to show significant therapeutic progress, taking note of the criteria which follow.

**Psychotherapy**- Client seen regularly for a period sufficient to explore any positive or negative transferences and counter-transferences which may arise, and to demonstrate some degree of characterological transformation.

**/10 points**

## **THERAPEUTIC NARRATIVE**

**Counselling** - Showing significant therapeutic progress and some level of problem/issue resolution for the client.

**Psychotherapy** - Illustrating a deeply significant therapeutic journey with an identifiable arrival point.

**/5 points**

## **DEPTH**

**Counselling** - Presenting client material which may be primarily concerned with current difficulties.

**Psychotherapy** - Evidence of working in depth with deep-seated personality issues.

**/5 points**

## **QUALITY OF THERAPEUTIC RELATIONSHIP**

**Counselling** - Ability to establish a sound therapeutic alliance based on humanistic values. Some awareness of the particular client/therapist dynamics, with some reference to transference and counter-transference.

**Psychotherapy** - Ability to work at profound relational depth, demonstrating good attunement to client experience, including that which lies beyond what is explicitly expressed.

Perceptive awareness of the dynamics within the therapeutic relationship, including transference issues, and of how these dynamics inform the work.

**/10 points**

### **THERAPIST SELF-PROCESS**

**Counselling** - Acknowledgement of self-process, including evidence of self-supervision and the ability to identify therapeutic errors honestly and constructively.

**Psychotherapy** - Perceptive articulation of self-process; evidence of robust self-supervision.

Openness to presenting therapeutic interventions and processes which have proved to be errors of judgement, and to recognising the consequent learning value.

**/5 points**

### **SUPERVISION**

**Counselling** - Evidence of responsible and meaningful use of supervision.

**Psychotherapy** - Illustrating full use of supervision, including personal reactions and counter-transference, as well as any problematic or ethical issues arising from the work.

**/10 points**

### **USE OF CHALLENGE**

**Counselling** - Evidence that the therapist is not working collusively.

**Psychotherapy** - Evidence that the therapist has been prepared to challenge both her/himself and the client where appropriate.

**/5 points**

### **DIFFERENCE AND SIMILARITY**

**Counselling** - Due regard shown as to the possible effects of difference and similarity.

**Psychotherapy** - Perceptive reflection on how difference and similarity (eg. gender, race, sexuality) can affect individual experience of the working relationship for both client and therapist.

**/10 points**

**POWER DYNAMICS**

**Counselling** - Acknowledgement of any power dynamics which may be influencing *the relationship between client and therapist*.

**Psychotherapy** - Recognition and good understanding of any power dynamics which may be interrupting full and effective therapeutic contact.

**/5 points**

**THEORY**

**Counselling** - Reference made to theoretical underpinning.

**Psychotherapy** - Well-integrated inclusion of sound theoretical underpinning.

**/10 points**

**REFERENCES**

**Counselling and Psychotherapy** –Quotation references and list of references to identify texts and other resources preferably using the Harvard system.

**/5 points**

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