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### Annotated Bibliography: Counseling and Research

Bell, C. A., Crabtree, S. A., Hall, E. L., & Sandage, S. J. (2021). Research in counselling and psychotherapy Post-COVID-19. *Counselling and Psychotherapy Research*, 21(1), 3–7.  
<https://doi.org/10.1002/capr.12334>

Chance A. Bell, Sarah A. Crabtree, Eugene L. Hall, and Steven J. Sandage are the researchers that have published extended work in the field of counseling. Authors suggested that due to increased workload, helping professionals suffered from emotional and mental strain.

Moreover, "the infodemic" made it challenging to differentiate authentic information and sources from fake ones. This led to increased discrimination and prejudice towards Asians and Pacific Islander communities. With the rise in loss due to the COVID-19 pandemic, researchers suggested exploring how spiritual and existential dynamics are uniquely present when clients engage in spiritually adapted therapies. The study also examined economic hardships that can damage relations between family members, for example, parental emotional distress leading to more confrontational parenting styles. The strength of this study lies not only in their collective expertise in the field but also in their proposed areas of research. Weaknesses included the lack of evidence to show that the issues that the authors pointed out exist at an immense level. Interestingly, the study highlighted how spiritual and existential dynamics can uniquely present when clients engage in spiritually adapted therapies.

Koç, V., & Kafa, G. (2019). Cross-Cultural Research on Psychotherapy: The Need for a Change. *Journal of Cross-Cultural Psychology*, 50(1), 100–115.

<https://doi.org/10.1177/0022022118806577>

Volkan Koç and Gülnihal Kafa study the complexity of mental illness and psychotherapy. They suggested that this complexity is highlighted because many principles and

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theories found in psychotherapy have been derived from Western practices. Psychotherapy takes on various forms in the non-Western world. One form observed is a straight importation of Western-origin models, with some spontaneous adaptations to fit the cultural context better. A more advanced form is the systematic adaptation of standard psychotherapy methods to accommodate the needs of native communities better. Finally, there are models developed directly from the cultures, which tend to be heavily adapted for their local audience. The researchers portray a comprehensive and compelling argument for change by focusing on areas that lack recognition. However, this study could have benefited from a survey from a different culture to gather the data that could have made the research more credible. It was fascinating to see how standard psychotherapy methods can be adapted to accommodate the needs of native communities better.

Clarke, V., & Braun, V. (2018). Using thematic analysis in counselling and psychotherapy research: A critical reflection. *Counselling and Psychotherapy Research*, 18(2), 107–110. <https://doi.org/10.1002/capr.12165>

Victoria Clarke and Virginia Braun discussed using thematic analysis for research purposes in counseling and psychotherapy. Thematic analysis is a qualitative data analysis method used to identify data sets' themes, patterns, and connections. In counseling and psychotherapy research, this method often takes the form of written transcripts from therapy sessions, which are analyzed for recurring topics or primary organizing concepts. Although TA is often considered a monolithic approach to qualitative analysis, it can more accurately be regarded as an umbrella term that hosts various approaches with shared assumptions but distinct procedures and theories. While most approaches contain core elements suggesting that TA is best seen as a method rather than a methodology and allows for flexibility in theorization, there are

numerous diverging aspects between these various implementations. Offering a nuanced analysis, they highlight the primary upsides of thematic analysis and its ability to add value to emergent themes, participant-centredness, and epistemic flexibility. However, their article also prompts us to interrogate shortcomings such as inadequate reliability provision and heightened workloads for the researcher. It is intriguing how TA can uncover patterns and connections in data sets, providing a way of exploring data in greater depth.

Tegeler, C., Beyer, A.-K., Hoppmann, F., Ludwig, V., & Kessler, E. (2020). Current state of research on psychotherapy for home-living vulnerable older adults with depression.

*Zeitschrift Für Gerontologie Und Geriatrie*, 53(8), 721–727.

<https://doi.org/10.1007/s00391-020-01805-3>

Christina Tegeler, Ann-Kristin Beyer, Fee Hoppmann, Valentina Ludwig, and Eva-Marie

Kessler studied the current situation of psychotherapy and counseling in older adults. Despite evidence of its efficacy, access to psychotherapy for home-living vulnerable older adults can be difficult within healthcare systems where qualification and funding vary widely. Knowledge of specific age-sensitive needs and the skills to deliver tele-delivered or home visits can prove a challenge for practitioners. Studies have suggested that this population often experiences complex health problems, multimorbidity, or polypharmacy, making psychotherapy an ideal alternative or supplement to pharmacotherapy. Therefore, practitioners must receive specialized training in delivering psychotherapeutic interventions tailored for elderly individuals with diverse needs and availability. Using standardized interviews and self-report questionnaires contributes to their findings' credibility and reliability. This study has minor weaknesses, such as its relatively short follow-up period, which may not adequately capture long-term outcomes. I found it interesting that psychotherapy can be an effective alternative to pharmacotherapy for

elderly individuals who often experience complex health problems, multimorbidity, or polypharmacy.

Barkham, M., Moller, N. P., & Pybis, J. (2017). How should we evaluate research on counselling and the treatment of depression? A case study on how the National Institute for Health and Care Excellence's draft 2018 guideline for depression considered what counts as best evidence. *Counselling and Psychotherapy Research*, 17(4), 253–268.  
<https://doi.org/10.1002/capr.12141>

Michael Barkham, Naomi P. Moller, and Joanne Pybis studied the effectiveness of counseling in treating depression among patients. Counseling for the treatment of depression is becoming increasingly research-driven, with studies attempting to identify the best evidence and guideline methodologies. The draft 2018 NICE Guideline indicates that counseling approaches to treating depression show promise. Through meta-analyses and RCTs, it has been established that there appears to be no additional advantage to Cognitive Behavioural Therapy (CBT) when factors such as the risk of bias and researcher allegiance are considered. Moreover, analyzed data from numerous NHS sources suggests that counseling is not only as effective as CBT but is also essentially cost-effective when delivered within NHS settings. Thus, evidence has demonstrated that counseling may be beneficial in treating depression. The strengths of this study are that it looks into both official evidence-based literature and other published research to assess the validity of the methods used. However, weaknesses include that the scope of their analysis is limited in its use of studies from within the United Kingdom and Europe only, meaning they cannot address pertinent research from elsewhere in the world. It is interesting to see how important it is to consider many different perspectives when evaluating research on counseling and treatments for depressive disorders.

## References

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<https://doi.org/10.1007/s00391-020-01805-3>