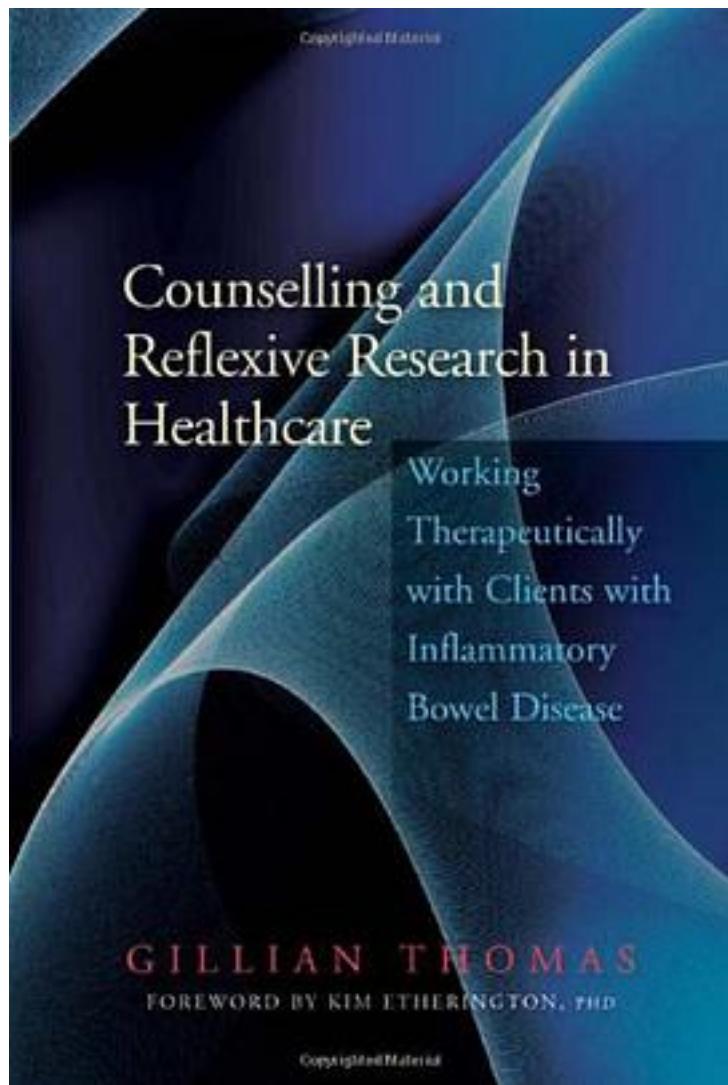


# Counselling and Reflexive Research in Healthcare



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Written for counselors working in health care settings who want to develop their knowledge and undertake research, this book explores the range of benefits that can be generated by undertaking reflexive research. Focusing on the condition of Inflammatory Bowel Disease (IBD), which she has herself, Gillian Thomas demonstrates how this approach can develop knowledge of a condition, but also offer therapeutic benefits to clients by increasing understanding of their condition and the interaction between the physical and emotional aspects of living with a long term disease. She outlines how to develop ethically appropriate research methods, how to carry out such research and reflects on the knowledge that she has gained from her own research, teasing out the benefits of reflexive research for those working with a range of diseases in health care settings.

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