



# Approaches to Research

*Robin Higgins*

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## **Approaches to Research** Robin Higgins

There is increasing interest in research in the fields of psychotherapy and the arts therapies. This book defines the nature and objectives of research and examines the tasks of the researcher. It explores the relationship between research and the researcher, and examines the preconceptions a researcher may have before undertaking a new project. The author looks at such issues as what is the "right" question to ask and presents various research methods, demonstrating how different methods are suited to different fields of interest. The book combines practical advice for researchers - such as asking the permission of human subjects before publishing one's findings - with a thorough examination of the principles and theory of research. It should serve as a useful companion text to "Approaches to Case Study" (1993), and is aimed at professionals, writers, students in the therapeutic field (psychotherapy and the arts therapies), as well as those engaged in research in many other areas.

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