## Working with Goals in Psychotherapy and Counselling

Edited by

Mick Cooper and Duncan Law



## Contents

List of contributors vii

- 1 Introduction *1 Mick Cooper and Duncan Law*
- Philosophical, conceptual, and ethical perspectives on working with goals in therapy 15 John McLeod and Thomas Mackrill
- **3** The psychology of goals: A practice-friendly review *35 Mick Cooper*
- Using goals in therapy: The perspective of people with lived experience 73
  Amy Feltham, Kate Martin, Leanne Walker, and Lydia Harris
- 5 Goals and psychotherapy research 87 *Georgiana Shick Tryon*
- 6 Measuring outcomes using goals 111 Jenna Jacob, Julian Edbrooke-Childs, Christopher Lloyd, Daniel Hayes, Isabelle Whelan, Miranda Wolpert, and Duncan Law

Appendix 6.1. Goal-based outcome measures for children and adults *128* 

- From problems to goals: Identifying 'good' goals in psychotherapy and counselling 139
  Windy Dryden
- **8** Goal-oriented practice *161 Duncan Law*
- **9** Goal-oriented practice across therapies *181 Nick Grey, Suzanne Byrne, Tracey Taylor, Avi Shmueli, Cathy Troupp, Peter Stratton, Aaron Sefi, Roslyn Law, and Mick Cooper*
- **10** Conclusion 205 Duncan Law and Mick Cooper

Index 209