



FROM THE IDEA TO THE RESEARCH PAPER IN PSYCHOTHERAPY

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RESEARCH FACILITATES

- **Acquisition of skills and knowledge;**
- **Reflective practice;**
- **Development of professionalism;**
- **Confidence and competence in clinical practice;**
- **Professional growth and development.**

WHY THE WORKSHOP WITH THIS TITLE?

- **To gain information, ideas and skills how to:**
 - **Explore your research interest;**
 - **Develop the idea of your research interest;**
 - **Start the Journey – From Reading to Research;**
 - **Put it into words – Prepare the Proposal;**
 - **Conduct the Research;**
 - **Make the meaningful whole – Glue process of what I knew and what I gain;**
 - **Realize - Who am I now?;**
 - **Withdraw and Assimilate.**

EXPLORE YOUR RESEARCH INTEREST

- **Do you know in which broad area of gestalt therapy your research interest is?**
 - yes**
 - no**

- **If yes, write it down.**
- **If not, lets explore.**

EXPLORE YOUR RESEARCH INTEREST

- **Most of the time the research interest is connected with the problem/s we are dealing with either personally or professionally.**

Prof. Dr. Josip Berger

EXPLORE YOUR RESEARCH INTEREST



DEVELOP THE IDEA FOR YOUR RESEARCH INTEREST

- **What are you aware about?**
- **How many research areas / topics you are aware of ?**
- **Which one is the most prominent?**

- **What do I want to research (specify as much as you could)?**

DEVELOP THE IDEA FOR YOUR RESEARCH INTEREST



START THE JOURNEY – FROM READING TO RESEARCH

- **Are you satisfied with the topic you want to research?**
- **What energize you to choose this topic – personal experience, practical or prior reading ?**
- **Are you interested to read a bit more on the topic?**

START THE JOURNEY – FROM READING TO RESEARCH

What is mobilizing you more:

- **to redo a research in your context,**
- **to expand or narrow the research already published in your context,**
- **to do the brand new research,**
- **or something else (please specify)?**

START THE JOURNEY – FROM READING TO RESEARCH



PUT IT INTO WORDS – PREPARE THE PROPOSAL

Take the Action and put your research interest (supported with the previous data, researches, additional theory,) on paper.

Write a Proposal.

Your Proposal have to be approved by Ethical Committee (especially if the research is conducted with human beings).

PUT IT INTO WORDS – PREPARE THE PROPOSAL

Proposal is consisted of:

- 1. Specified research idea;**
- 2. Theoretical Background that provoke you to do the research in the field;**
- 3. Research Methodology (clear research question, research method, sample and sampling procedure, process of data collecting, data analysis, research plan);**
- 4. Ethical Considerations;**
- 5. Literature.**

PUT IT INTO WORDS – PREPARE THE PROPOSAL



CONDUCT THE RESEARCH

If approved, your Proposal is opening the doors for you to Conduct the Research.

Conduct the Research according to the proposed research plan and document it:

- **Analyze the obtained data;**
- **Present obtained data accordingly;**
- **Discuss the obtained results within the existing theory and keep in mind your research context (obstacles, limitations).**

CONDUCT THE RESEARCH



MAKE THE MEANINGFUL WHOLE – GLUE PROCESS OF WHAT I KNEW AND WHAT I GAIN

Finalization of your research - writing process;

The research paper is consisted of:

- **Short literature overview,**
- **Methodology,**
- **Data presentation,**
- **Discussion,**
- **Conclusion,**
- **Literature, and**
- **Appendix if existing.**

**MAKE THE MEANINGFUL WHOLE – GLUE PROCESSES
OF WHAT I KNEW AND WHAT I GAIN**

You finalize your research.

CONGRATULATIONS.

Now it is time to let it go, and share with others.

MAKE THE MEANINGFUL WHOLE – GLUE PROCESSES OF WHAT I KNEW AND WHAT I GAIN



WHO AM I NOW?

1. Am I still a Researcher?

Yes you are.

2. How it comes that I am still the Researcher when I finished my paper?

You have a Persona of a Researcher.

3. What is different than?

You are Persona now is the Researcher that finished the Research Project and enjoy it .

WHO AM I NOW?



WITHDRAWAL & ASSIMILATION

While withdrawing from the research work, I am assimilating it.

It opens the possibilities to enter fresh new toward the next step – publishing or presenting.

WITHDRAWAL & ASSIMILATION



THE RESEARCH PROCESS

1. The research process often begins with a very broad idea for a topic you'd like to know more about. You do some preliminary research to identify a problem.
2. After refining the problem you want to research, you come up with a broad research question.
3. You provide the support for the research through reading.
4. That guides to the research design, and Project Proposal.
5. Approved Proposal is Green Card for Conducting Research, where you are rigorous in administration of the results.
6. You are completing into meaningful one the existing theory with your data.
7. You finished your research process, you are satisfied with achieved and you send it for review.
8. You withdraw from that research process, assimilating it.