

**Benchmark – Literature Review**

Janessa Goudeau

College of Humanities and Social Sciences, Grand Canyon University

Research Methods and Program Evaluation

Jenae Smith

June 22, 2022

## **Benchmark – Literature Review**

### **Introduction**

The COVID-19 pandemic had changed the way society interacted with one another. There were restrictions placed in which people were not able to come in contact with one another face to face (McLean et al, 2021). There were also individuals that were forced to quarantine in isolation or families quarantined together for extended periods of time. Many individuals who had to quarantine in isolation faced many stressors including financial instability, limited physical and social interactions, and health-related anxieties. Families in quarantine also faced increased stress. Constant seclusion can cause current family problems to heighten or resurface old issues. This increase of conflict can potentially increase the risk for abuse (Levy et al, 2021). There has not only been a high demand for telebehavioral health (TBH) services, but it is a beneficial tool for individuals and families. This composition is a literature review about the use of telehealth in family therapy. It will examine how qualitative and quantitative research reports inform professional counseling practice and how these methods of research will benefit the career of a professional counselor. The literature review will also highlight characteristics of effective writing and publication in counseling research.

### **Qualitative and Quantitative Research Reports**

Qualitative research reports are best used to understand a participant's experiences from their point of view. This will essentially help to understand what a potential client's experience will be. This information can be obtained from interviews, focus groups, real time observations, and surveys with open-ended questions. There is also information collected using secondary research including audio and video recordings, images, and texts. There was a qualitative analysis in the article "Exploring the Efficacy of Telehealth for Family Therapy Through

Systematic, Meta-analytic, and Qualitative Evidence” that interviewed family therapists about their experiences with TBH. The interviews concluded that technological factors were impacting client rapport (McLean et al, 2021). For example, if sessions were conducted via video conferencing (VTC) looking into the camera while the client is talking can emulate eye contact, but it is not the same as making eye contact with the client in person. In addition, body language and body orientation do not communicate efficiently over VTC. Quantitative research reports involve phenomena being reduced into numerical values in order to conduct statistical analysis. Most, if not all counseling journals require reporting demographic characteristics. This includes reporting participant’s gender, race, ethnicity, and/or socio-economic class. Demographic information determines the generalizability or results of how study translates across a larger population (McLean et al, 2021).

These methods of research are helpful to a professional counselor’s career because they help to anticipate new trends and needs of the client. For example, the COVID-19 pandemic created a heightened demand for grief counseling, couples and family therapy, and TBH. In order to be an effective counselor, knowing the clients evolving needs is important. If new interventions are being implemented the use of demographic information is important to show if the intervention is harmful to one group but not another.

### **Characteristics of Effective Writing and Publication in Counseling Research**

Most often the following sections included in effective writing and publication are: Title Page, Abstract, Introduction, Literature review, Empirical methodology, Results, Discussion, and References. The introduction should clearly state the relevance of the article, while the closing should provide practical suggestions, guidance, and advice. According to the American Counseling Association (2014), counselors should not plagiarize, or present writing that is not

their own. If they are using information from other individuals' publications, they must acknowledge and give recognition for their work. For example, It is vital that references and resources are documented accurately. American Psychological Association (APA) format must be used for all citations in order to maintain ethical compliance (University of Montana, 2022).

ACA's Code of Ethics (2014) specifically directs counselors to "engage in counseling practices that are based on rigorous research methodologies." This includes becoming knowledgeable on how to read and understand psychological research and how to write them (Balkin & Sheperis, 2009).

## References

American Counseling Association. (2014). 2014 ACA code of ethics.

<https://www.counseling.org/docs/default-source/default-document-library/2014-code-of-ethics-finaladdress.pdf>

Balkin, R. S., & Sheperis, D. S. (2009). A primer in evaluating quantitative research for counseling (ACAPCD-26). Alexandria, VA: American Counseling Association.

Levy, S., Mason, S., Russon, J., & Diamond, G. (2021). Attachment-based family therapy in the age of telehealth and covid-19. *Journal of Marital and Family Therapy*. <https://doi-org.lopes.idm.oclc.org/10.1111/jmft.12509>

McLean, S. A., Booth, A. T., Schnabel, A., Wright, B. J., Painter, F. L., & McIntosh, J. E. (2021). Exploring the efficacy of telehealth for family therapy through systematic, meta-analytic, and qualitative evidence. *Clinical Child and Family Psychology Review*, 24(2), 244–266. <https://doi-org.lopes.idm.oclc.org/10.1007/s10567-020-00340-2>

University of Montana. (2022). Writing in Psychology. University of Montana | Public Flagship in Missoula. <https://www.umt.edu/writing-center/docs/resourcesforwriters/Writing%20in%20Psychology>