## **Contents**

List of contributors vii

- 1 Introduction 1 Mick Cooper and Duncan Law
- **2** 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*
- 4 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
- **7** 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