

**FACULTY INTEREST SHEET: L. Nutt Williams****A. The Process of Psychotherapy and Counseling**

My primary area of research is in psychotherapy process (i.e., what actually happens in therapy sessions between clients and counselors). Within this area, my particular interests lie with therapist self-awareness and self-talk, but I am also interested a variety of other process issues, such as useful therapeutic techniques, clients' perceptions of therapist techniques (e.g., do clients like it when therapists use silence as a technique?), and therapists' unique issues in therapy (e.g., boredom, ethical issues, homophobia, therapists need for their own psychotherapy). Some past examples of student projects in the area include: a national survey of therapists' training regarding how to manage sexual attraction to clients, a qualitative interview study of therapists' use of the "self" in therapy, and the use of cognitive-behavioral therapy as a treatment for schizophrenia. Future SMP projects might focus on whether therapists of different theoretical orientations manage and use their self-awareness in different ways or whether therapists' background (e.g., personality variables, family history) relate to the ways therapists manage their self-awareness.

**B. Issues of Gender and Multiculturalism**

I am interested in the impact of gender and race/ethnicity (as well as other demographic variables) on the experiences of clients and therapists. For example, one of my students did his SMP on client preferences for match with the therapist. Another student did a project on the impact of sexual orientation on therapist and client attitudes. I am particularly interested in the intersection of feminism and multiculturalism in therapy, but I have interest in gender and racial topics outside of therapy as well (e.g., women's career development). Future SMP projects might focus on the extent to which therapists actually use feminist and multicultural techniques in therapy or on the impact of subtle or "benevolent" sexism (Glick & Fiske, 2001) on students' attitudes.

**C. Qualitative Methodology**

In addition to my quantitative studies, I am also interested in qualitative analysis. Specifically, I helped create a qualitative methodology called Consensual Qualitative Research (CQR; Hill, Thompson, & Williams, 1997; Hill, Knox, Thompson, Williams, Hess & Ladany, 2005) that has been used fairly extensively to examine issues in counseling (e.g., how therapists deal with receiving gifts from clients, what happens during a therapeutic impasse, how serendipity plays a part in career decisions). Several of my SMP students have done qualitative projects (e.g., counseling experiences of Latina battered women). Qualitative methods work well when you are studying a topic that has not been extensively researched – it allows for an exploratory approach that can generate new information and new ideas for future quantitative follow-up studies. Future SMP projects might focus on the CQR methodology itself (e.g., a qualitative study of qualitative researchers) or on a specific topic (e.g., how therapists deal with boredom in therapy).