

#CYP: DEVELOPING ETHOS:  
A FULLY-FUNDED, RANDOMISED  
CONTROLLED TRIAL OF SCHOOL-  
BASED HUMANISTIC COUNSELLING

- MICK COOPER



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**Resource Guide**

# About Mick Cooper

**Mick Cooper** is Professor of Counselling at the University of Strathclyde, and National Advisory for Counselling for the Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) Programme. Mick's background is in person-centred, existential, and relational approaches to therapy, and he has written extensively on these topics, including *Working at relational depth in counselling and psychotherapy* (with Dave Mearns, Sage, 2005) and *Pluralistic counselling and psychotherapy* (with John McLeod, Sage, 2012).

Mick has been closely involved in the evaluation of school-based counselling and, most recently, has been appointed as Lead Advisor for the CYP-MindEd for Counselling programme, which will be developing e-training for all counsellors working with children and young people.



**Mick Cooper**

# Event Details

Mick has agreed to come and talk to us about the ETHOS project, a fully-funded, randomised controlled trial of school-based humanistic counselling.

## **Background**

Around one in 10 young people in the UK experience significant emotional or behavioural problems. Schools are a particularly good place to tackle this because they are one of the few places that nearly all young people go to. In fact, evidence suggests that young people are 10 times more likely to attend a school-based intervention than to look for support elsewhere. One such intervention, school-based counselling, can provide young people with a space to talk through their problems, get things off their chest, and work out for themselves what they want to do in a supportive, confidential and understanding relationship. Initial evidence gathered through several small pilot studies indicate that a standardised form of this intervention, school-based humanistic counselling, may lead to improved well-being. A large and scientifically rigorous trial will help to test how effective this intervention is.

The ETHOS trial is registered with the International Standard Randomised Controlled Trial Number 10460622. Registration details for the study can be found [here](#).



## Project Aim

ETHOS aims to evaluate the effectiveness and cost-effectiveness of school-based, humanistic counselling by conducting the first randomised controlled trial of this type of intervention. ETHOS brings together some of the UK's leading academics in counselling and psychotherapy to positively impact the national provision of mental health support for young people. Read more in our press release.

Read more about ETHOS here.

<https://www.roehampton.ac.uk/research-centres/centre-for-research-in-social>



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# Contact

**Web :** [www.roehampton.ac.uk/ETHOS](http://www.roehampton.ac.uk/ETHOS)



**@mickcooper77**



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