

# Myths About Research

- ✓ 'Research has nothing to do with the practice of counselling or psychotherapy'
- ✓ 'Research only takes place in colleges and universities and is undertaken by academics'
- ✓ 'Research is something that happens in a laboratory under special conditions'
- ✓ 'I have no research skills applicable for what I want to do'
- ✓ 'I am not clever/skilled/competent (and so on) enough to undertake a research project'
- ✓ 'Research is something that usually takes several years'
- ✓ 'Research is always expensive and I can't afford to do it'
- ✓ 'Research is about analysing numbers, and I don't "do" numbers'
- ✓ 'I could never get a piece of research published'
- ✓ 'No one would be interested in what my research might say'
- ✓ 'Research is always a BIG activity, i.e., involving lots of people'.