

Workshop 2: Bridging the Divide between Qualitative and Quantitative. Q-Sort Methodology: An introduction to an innovative tool for psychotherapy research by Felicitas Rost Research Lead at the Portman Clinic on Friday 30th October 2020 (9am-noon UK time)

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Abstract: Q-methodology is an innovative technique capable of bridging the divide between clinical knowledge and the quantitative systematization of it. It was initially described by Stephenson (1935, 1953) as a data collection method, scaling technique and data analytic method to empirically study human subjectivity, i.e. values, opinions and viewpoints from a first-person perspective. It was then extended by the British tradition (e.g. Curt, 1994; Stainton Rogers, 1995; Watts & Stenner, 2005) to study shared viewpoints,

thereby adopting a multi-participant design and a highly unusual form of qualitative analysis. Finally, it was adopted by Block (1961, 1971) for the use as a standardised observer-rated assessment tool. Its attractiveness stems from numerous advantages, the most salient being its aptitude to produce holistic data and as following a person-centred approach. For example, it provides the means for a statistically robust, reliable, and valid rating scale, whilst at the same time allowing space for clinical perspective and the possibility of a comprehensive understanding of the subject under study, as it collects both quantitative and narrative data. In this online method workshop, I will provide an introduction to Q-statistic and Q-methodology (person-centred) by contrasting it to R-statistic and R-methodology (variable-centred). I will then provide an overview of the three schools within this method and their various merits demonstrated with examples.

Dr Felicitas Rost is the Research Lead at the Portman Clinic, Tavistock and Portman NHS Foundation Trust and past president of the Society for Psychotherapy Research (SPR) UK Chapter. She supervises dissertations of DProf Child Psychotherapy trainees at the Tavistock and MSc and DClin Psy students at UCL. Her current research interests are shaped by two beliefs: The need to build bridges between counselling and psychotherapy research and clinical practice; and the breaking down of arbitrary dichotomies between types of research.

[Information about the other workshops to follow!](#)