



Mary Kilborn Lecture 2022

Professor Robert Elliott Retiral Lecture: In search of the Kernel of Interpersonal Helping

Speaker Biography

Professor Robert Elliott, Ph.D

Robert Elliott, Ph.D., is retiring as Professor of Counselling at the University of Strathclyde (Glasgow, Scotland). Robert received a PhD in clinical psychology from the University of California, Los Angeles, and is professor emeritus of psychology at the University of Toledo (Ohio).

Robert's main research interests are in change processes in humanistic-experiential psychotherapies and psychotherapy research methodology. Robert co-authored *Facilitating emotional change* (1993), *Learning emotion-focused psychotherapy* (2004), *Research methods in clinical psychology* (2015), *Essentials of Descriptive-Interpretive Qualitative Research* (2021), and *Emotion-Focused Counselling in Action* (2021), as well as more than 180 journal articles and book chapters.

Robert is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research*, and *Person-Centered and Experiential Psychotherapies*. They are a fellow in the divisions of Clinical Psychology, Psychotherapy, and Humanistic Psychology of the American Psychological Association, and received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association.

They currently divide their time between Scotland and California, enjoying walking, running, science fiction, and all kinds of music.

