



PACFA RESEARCH COMMITTEE



Research Grants 2026

Research Grants available from the PACFA Research Committee

PREPARED BY

Adrian Holmes,
PACFA Research
Committee Chair



Psychotherapy and Counselling
Federation of Australia

Project

Summary

The PACFA Research Committee is leading a wide-ranging project that invites researchers around Australia to propose and conduct PACFA-funded research that will add to the body of evidence demonstrating the unique contribution of counselling and psychotherapy to the wellbeing of Australians.



We are seeking applications from researchers who have an idea for research that can meaningfully contribute to showing government, peak bodies and the greater public the distinct benefits of counselling and psychotherapy when offered by professionals specifically trained in these disciplines.

There is a total of \$20 000 available to distribute to the right projects.

Possible Research Area Suggestions

Some examples of possible research topics include, but are not limited to:

- Counselling and psychotherapy as preventative care
- Public perceptions of counselling and psychotherapy compared to other mental health care professions.
- A study on the learning outcomes of accredited counselling/psychotherapy programs contrasted with programs from other mental health related disciplines.
- The role of counsellors/psychotherapists in treating teams.
- A research project that adds to the literature on the benefits of framing mental distress and struggle as human rights issues rather than health issues.
- Cost-effectiveness of counselling and psychotherapy - economic benefits including reductions in healthcare costs.
- Counselling and psychotherapy for specific populations and diverse groups (e.g., Aboriginal and Torres Strait Islander, LGBTQ+ individuals, refugees, children, and older people) to demonstrate tailored approaches and their unique benefits.
- Integration of counselling in primary care settings and its effects on client outcomes.
- Greater exploration of the use of trauma-informed practice in counselling and psychotherapy.

Project

Timeline



Milestones 01

Release this Research Grants Round and invite submissions

This timeline is an indication of a direction for this research project only.

Milestones 02

Commence 2-3 research projects within 6 months

The intention of this research project is to support the development of multiple research efforts that individually contribute to a broader body of evidence that showcases the unique benefits of counselling and psychotherapy to the wellbeing of Australians.

Milestones 03

Publish results and assess further gaps to be addressed

Therefore, this timeline might evolve as submissions are received and assessed in the context of the broader project.

Milestones 04

Commence 2-3 further research projects within 1 year, increasingly adding to the evidence base



Milestones 05

Publish results and combine projects into larger evidence base

Submission

Information

- Submission** ● [Please follow this submission link](#)
- Website** ● www.pacfa.org.au
- Email** ● research@pacfa.org.au
- Closing** ● May 31, 2026 for final submissions

This research project is being led by the PACFA Research Committee in consultation with the PACFA board and leadership team.

Please note that proposed research projects must utilise PACFA's definition of Registered Counsellor or Psychotherapist (CPC, RCC or RCP) and be in line with PACFA's definition of Counselling and Psychotherapy practice. It is encouraged for successful applicants to publish the final article in the Psychotherapy and Counselling Journal of Australia.

Please email any enquiries to the Research Committee on the above email address.



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