

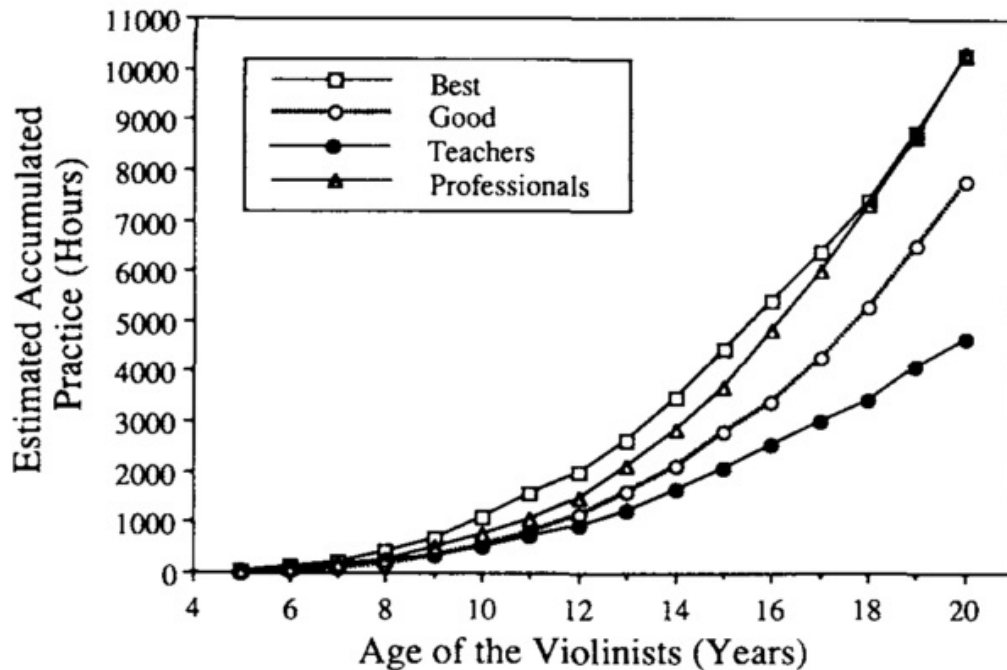
Using Deliberate Practice to increase capacity and improve outcomes

Dr. Jessica Bolton

15th June 2017

Maximising Therapeutic Effectiveness
Birmingham, UK

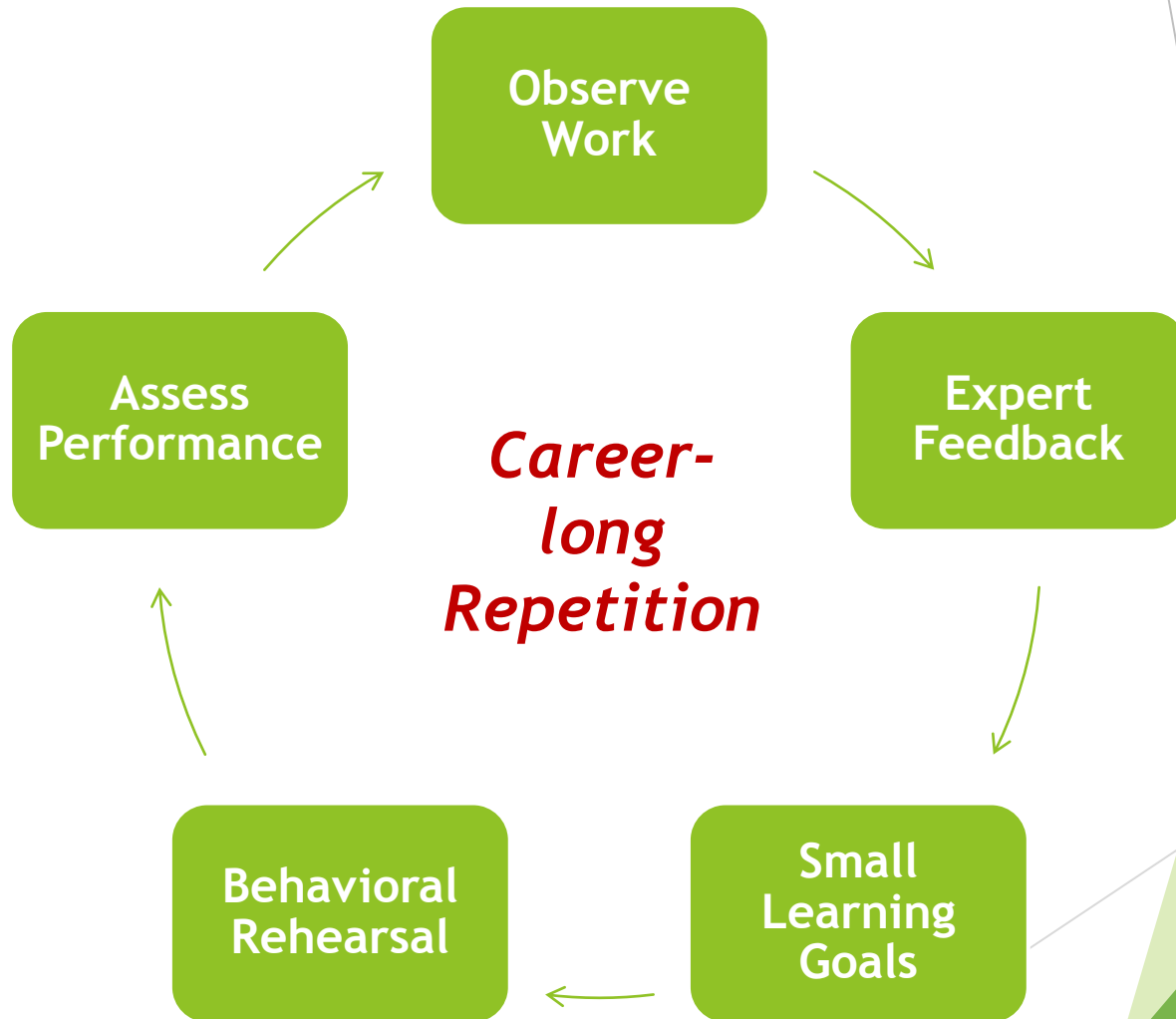
Origins of Deliberate Practice



**“10,000
hour
Rule”**



Deliberate Practice



Deliberate Practice for Psychotherapy



Two domains have been proposed:

Skill Acquisition	Developing the “Person of the Therapist”
Attunement, empathy, alliance	Mindfulness / Mentalization
Moment-to-moment assessment	Awareness of role enactments with client
Appropriately balancing pressure/challenge	Countertransference with client
Etc.	Self-identity (personal and professional), etc.

(Rousmaniere, Goodyear, Miller, & Wampold, 2017)



How is DP Different?

- Focus: micro-skills
- Repetition & speed - it can feel artificial
- Immediacy
- Effort - it feels *hard!*
- Mobilizes complex feelings about client and supervisor