

The Wright Institute Presents:

Deliberate Practice for Psychotherapists

Course Level: Introductory

Saturday, September 22, 2018

9:00AM-4:00PM

Fees: Free for Wright Institute Faculty/Staff/
Collaborative and Other Supervisors Supervising WI Students/Training Directors/Students (space permitting)

WI Alums: \$90

Non WI Students: \$60

General: \$150

Instructor: Tony Rousmaniere, Psy.D.

Location: The Wright Institute
Rooms 109/110
2728 Durant Ave., Berkeley, CA 94704

To Register: www.wi.edu/continuing-education

Contact: Wright Institute Continuing Education
Email: Julie@wi.edu Phone: 510.841.9230

Credits: 6 CE hours. The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

Workshop Description:

How do the good become great? Practice! From musicians to athletes to surgeons to chess masters, professionals rely on Deliberate Practice to achieve expertise. Drawing from the Science of Expertise, this workshop teaches evidence-based methods to increase the effectiveness and efficiency of your professional development. This is a highly experiential workshop. Participants will be guided through exercises to experiment with deliberate practice themselves. The Deliberate Practice approach is trans-theoretical and benefits all models of therapy (CBT, psychodynamic, etc.) and is also appropriate for therapists at all levels of experience.

The workshop discusses:

- The theory and principles of Deliberate Practice
- How to use Deliberate Practice to enhance your clinical skill development
- How to integrate Deliberate Practice into clinical supervision and training
- How to use Deliberate Practice to develop the “person of the therapist”
- How to assess the effectiveness of clinical skill development

Please contact us in advance if you require special accommodations on the day of the event.

The Wright Institute Presents:

This workshop is based on the book *Deliberate Practice for Psychotherapists* (by Tony Rousmaniere; Routledge Press), the edited volume *The Cycle of Excellence: Training, Supervision, and Deliberate Practice* (edited by Tony Rousmaniere, Rod Goodyear, Scott Miller, & Bruce Wampold; Wiley Publishers), and the forthcoming book *Building Psychological Capacity: A Deliberate Practice Handbook* (by Tony Rousmaniere, Gold Lantern Press).

Free webinars and video interviews on Deliberate Practice are available here:

www.dpfortherapists.com

Instructor Bio:



Tony Rousmaniere, Psy.D. is Clinical Faculty at the University of Washington and has a private practice in Seattle. He is the author/editor of four books on clinical training: *Deliberate Practice for Psychotherapists*, *The Cycle of Excellence: Using Deliberate Practice to Improve Supervision and Training*, *Using Technology to Enhance Counseling Training and Supervision: A Practical Handbook*, and the forthcoming *Building Psychological Capacity: A Deliberate Practice Handbook*. In 2017 Dr. Rousmaniere published an article in *The Atlantic Monthly*, “What your therapist doesn’t know”. Dr. Rousmaniere provides workshops, webinars, and advanced clinical training and supervision to clinicians in the United States, the United Kingdom, Europe, Asia, and Australia.

He was previously Associate Director of Counseling and Director of Training at the University of Alaska Fairbanks Student Health and Counseling Association. More about Dr. Rousmaniere can be found at www.drtonyr.com

After attending this workshop participants will be able to:

1. Summarize five principles of deliberate practice
2. List three major findings from the Science of Expertise
3. Discuss two benefits of video self-supervision
4. Identify three barriers to deliberate practice
5. Describe a method for developing deliberate practice exercises

Cancellation Policy: If you have paid for a workshop and are unable to attend, please email us at julie@wi.edu with your mailing address and we will mail you a refund check for the full amount paid. Checks will be mailed within 30 days of notification.

Commercial Support: The Wright Institute Continuing Education Program does not receive any commercial support for any of our programs.

Please contact us in advance if you require special accommodations on the day of the event.