



SENTIO
COUNSELING CENTER



Web-Based Distance Learning Methods for Deliberate Practice in Clinical Supervision

SCRP Elevate Conference, 2023

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www.sentiocc.org



- *Sliding scale online counseling*
- *Practicum & internship*
- *Supervisor training*
- *New MFT graduate program*

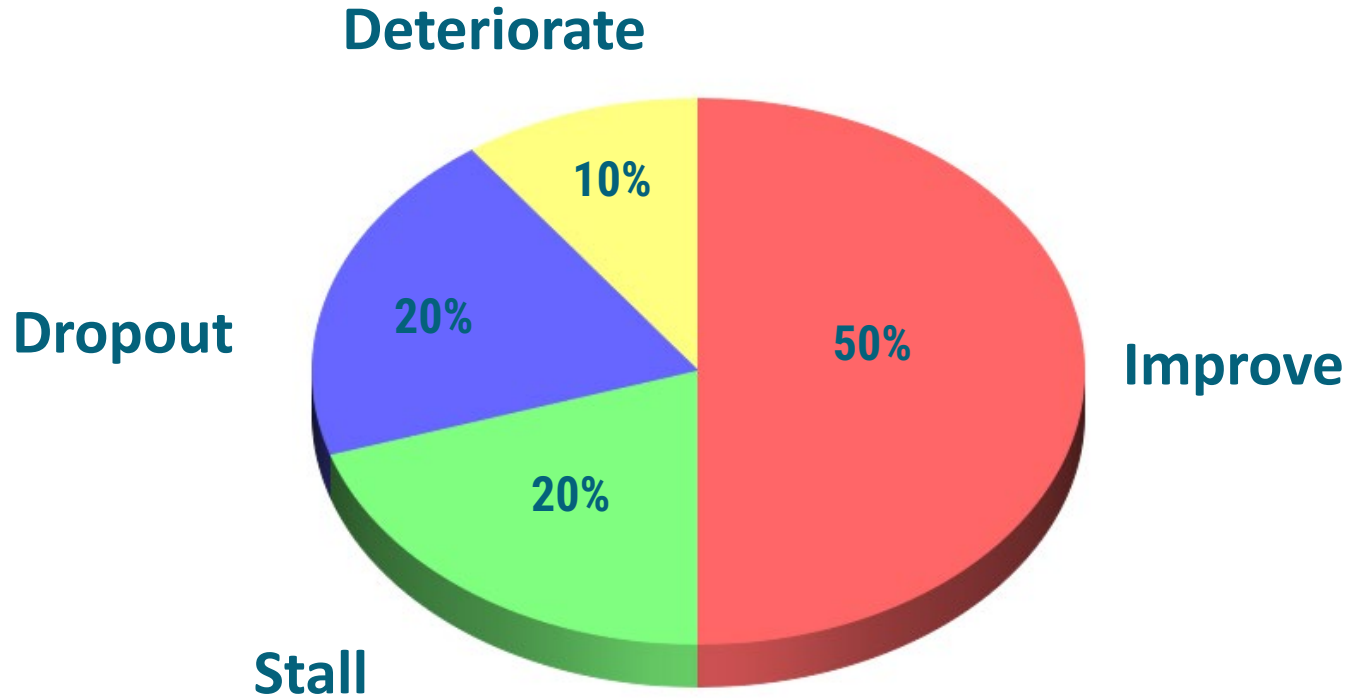
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Outline

1. **Deeper Dive into Deliberate Practice**
2. **Web-Based Training Methods**
3. **Common challenges/solutions**

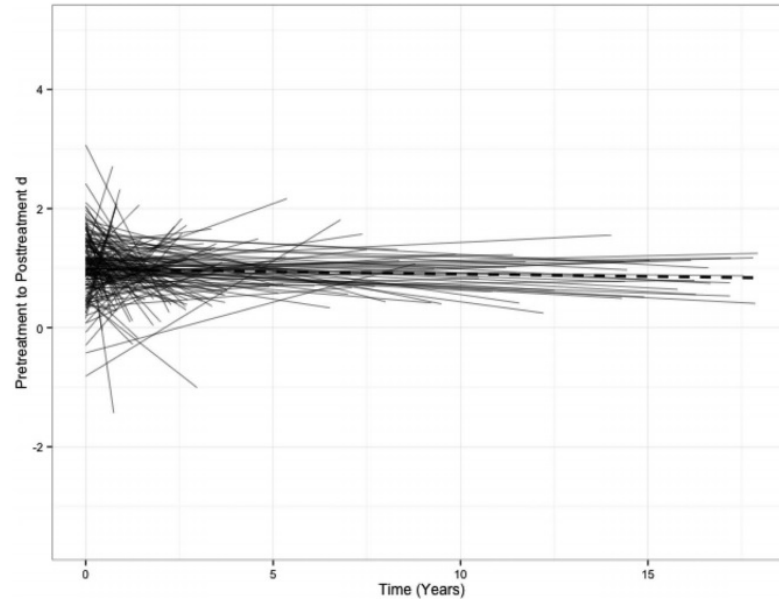
Please ask questions at any time!

Why I Found Deliberate Practice: My Outcomes as a Trainee



Do all clinicians become experts?

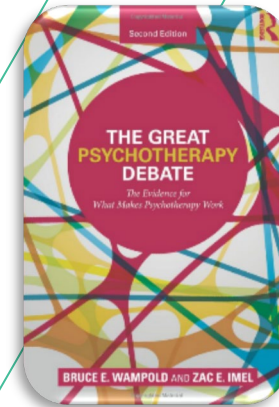
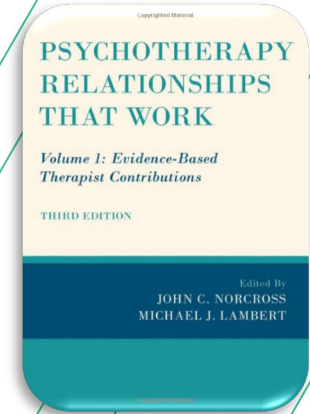
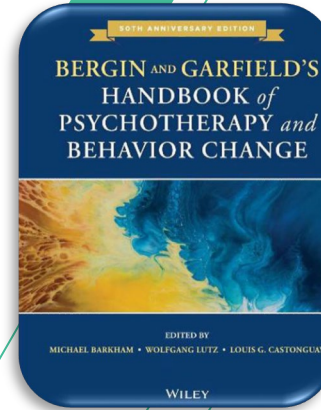
Not Reliably!



170 clinicians, up to 18 years
effect size $d = -0.012$ per year
(Goldberg et al., 2016)

Research on Therapist Expertise

- Clinicians vary significantly (sometimes dramatically) in their outcomes. The most effective produce up to 10x more improvement. The least effective therapists have far more deteriorations.
- No consistent relation found between clinician's training/supervision and outcomes.
- No consistent relation found between clinician's years of experience and outcomes.



Deliberate Practice can Help

Summary of sixteen empirical studies:

- Studies included deliberate practice for skills for MI, EFT, psychodynamic psychotherapy, self-compassion, interpersonal skills, clinical communication, alliance skills (rupture-repair, bond), etc.
- More effective than traditional training.
- Effective for both beginning trainees and licensed therapists.
- Benefits at the conclusion of training and at long-term follow-up.

Quotes from trainees

- *"Deliberate Practice is hard and painful, but it makes us better, so it is worth it!"*
- *"I was anxious about doing Deliberate Practice every week but I now love it."*
- *"Deliberate Practice is really difficult and hard at first... but it's really helpful and you're going to make progress."*



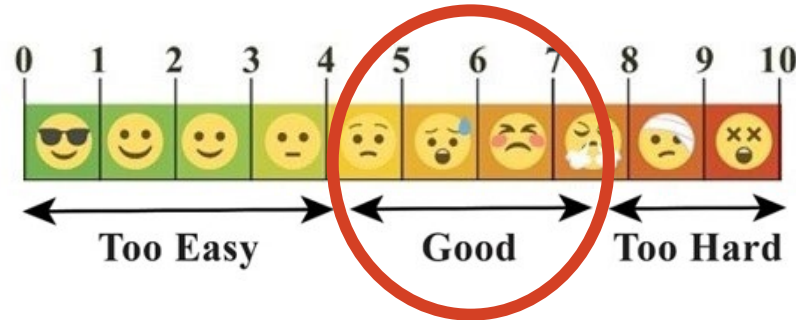
How Deliberate Practice is Different #1:

Conceptual Learning vs. Procedural Learning



How Deliberate Practice is Different #2:

Target the supervisee's "Zone of Proximal Development"



DP SWEET SPOT

How Deliberate Practice Role-Plays are Different

1. Short
2. Scripted
3. Repetitive
4. Brief feedback

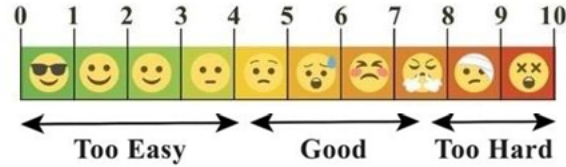
Your turn!

Skill: Empathic Understanding (EFT)

1. Watch video of actor playing a client
2. Try responding according to “skill criteria”

Deliberate Practice Exercise Form

#1. How challenging was it to fulfill the skill criteria for this exercise?



#2. Did you have any reactions in “good challenge” or “too hard” categories? (yes/no)

Good Challenge			Too Hard		
Thoughts & Emotions	Body Reactions	Urges	Thoughts & Emotions	Body Reactions	Urges
Manageable shame, self-judgment, irritation, anger, sadness, etc.	Body tension, sighs, shallow breathing, increased heart rate, warmth, dry mouth	Looking away, withdrawing, changing focus, controlling stimulus	Severe or overwhelming shame, self-judgement, rage, grief, guilt, etc.	Migraines, dizziness, foggy thinking, diarrhea, disassociation, numbness, blanking out, nausea, etc.	Shutting down, giving up, imposing control

Too Easy

↓

Need to increase challenge

Good Challenge

↓

Keep same level of challenge

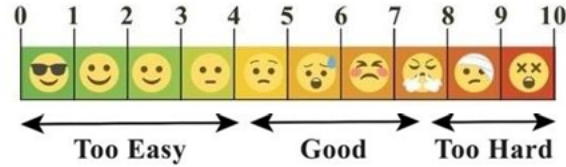
Too Hard

↓

Decrease level of challenge

Deliberate Practice Exercise Form

#1. How challenging was it to fulfill the skill criteria for this exercise?



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Keep same level of challenge

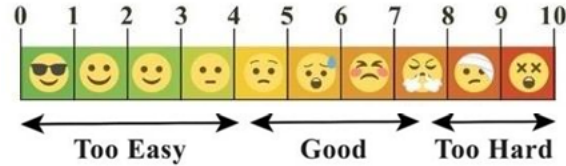
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Decrease level of challenge

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Too Hard

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Decrease level of challenge

Web-based Deliberate Practice Training

- **APA Book Series**
- **“Learn Psychotherapy” Podcast**
- **Deliberate Practice DVDs**
- **Multicultural Therapy YouTube videos**
- **Deliberate Practice for “Inner Skills” / Person of the Therapist**

APA Book Series

Available Now:

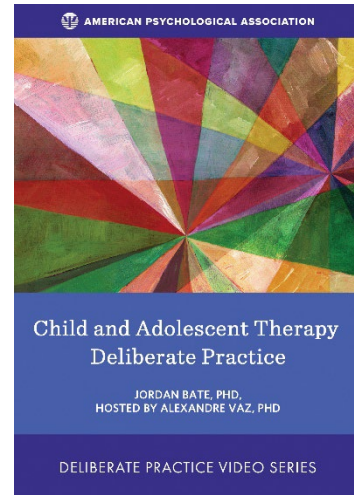
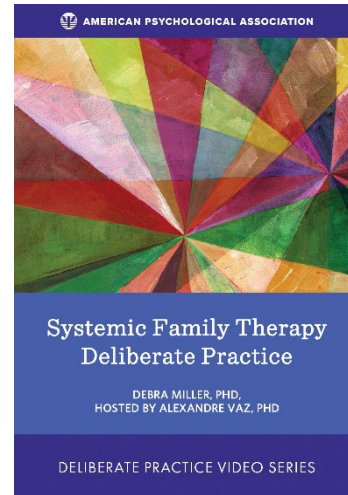
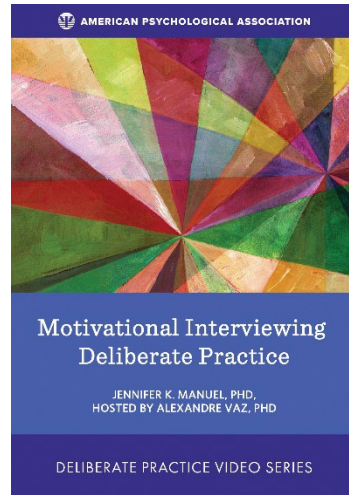
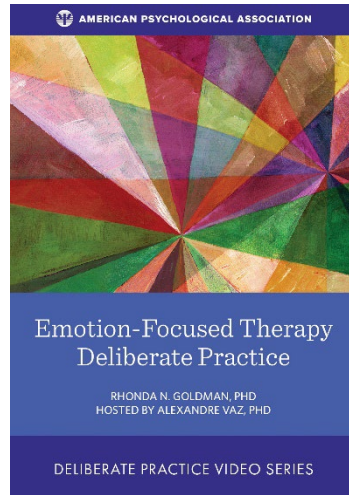
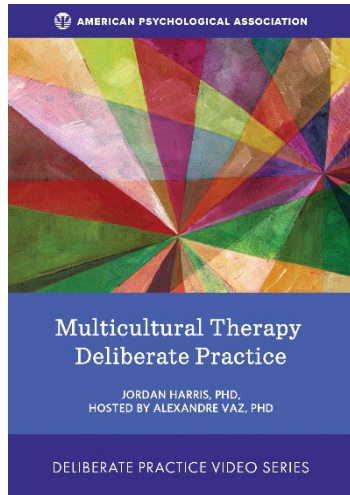
- Emotion Focused Therapy
- Cognitive-Behavioral Therapy
- Motivational Interviewing
- Child Therapy
- Systemic Family Therapy
- Dialectical Behavioral Therapy
- Schema Therapy
- REBT
- Psychodynamic
- Multicultural Therapy
- Medical/Therapeutic Communication

Available in 2024:


- TEAM CBT
- Psychedelic-Assisted Therapy
- Career Counseling
- Interpersonal Therapy
- AEDP
- EFT for Couples
- Parent-Child Therapy / Parent Behavioral Training
- Suicidality & Self-Harm
- Gottman



Deliberate Practice DVDs



Free YouTube multicultural therapy training videos




Sentio Therapist Training
@sentiotraining 699 subscribers 61 videos
Free training resources for therapists provided by Sentio. www.sentioicc.org >
sentioicc.org

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Multicultural Orientation (MCO) Deliberate Practice Webinar
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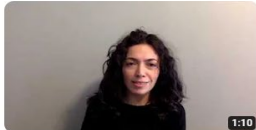
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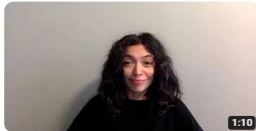
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Client 2 Clip 2
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Client 2 Clip 1
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Client 4 Clip 6
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Common Deliberate Practice Challenges & Solutions

- **Challenge: Trainee shame**
- **Solution: Balance corrective & positive feedback**

- **Challenge: Talking about theory instead of rehearsing**
- **Solution: Return to rehearsal every step**

- **Challenge: Deliberate Practice is hard & serious**
- **Solution: Aim for “vibe of play”**

Thank you!

Supervisor Training: www.sentiocc.org/sup-residency

Free webinars & deliberate practice videos: www.sentiocc.org/webinars

Free podcast & demo videos: www.youtube.com/@sentiocchannel/videos

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