



Deliberate Practice for Experienced Psychotherapists

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CORE-TRAINING THERAPISTS COMPOSITION

Psychotherapists

psychologists or physicians

An average of 10 years of clinical practice
from 2-35 years

Different theoretical orientations

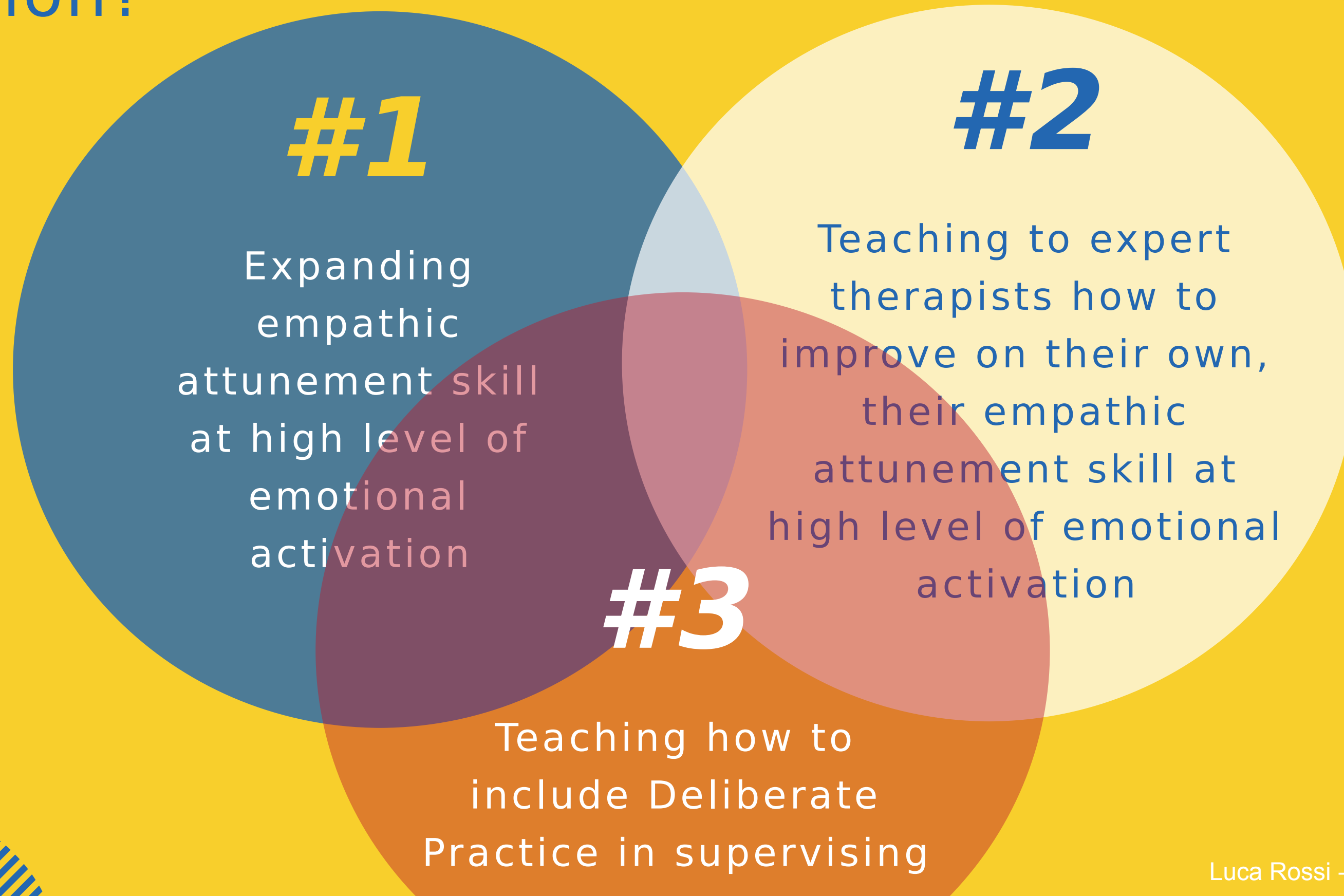
psychodynamic psychology, cognitive-behavioral psychology,
systemic-family psychology

Working for Italian national healthcare system
or in private office



Why Deliberate Practice in core-training supervision?

Goals:



Enhance soft skills for attunement

Challenge

Emotional Closeness

Maintaining emotional closeness with the patient with a high level of emotional activation

Skills needed

Easier to teach

ISTDP techniques

Harder to teach

Developing soft-skills which allow the use of techniques at high level of emotional activation

What are we going to watch?



A very brief example of me practicing deliberate practice using Malan's triangles trying to improve control of my attention



Me practicing behavioral rehearsal trying to improve my attunement skills



How to use deliberate practice in supervision: role playing challenging situations with an experienced therapist



Implementing Deliberate Practice in Supervision

- ✓ Identifying where therapy gets stuck
- ✓ Setting small learning goals
- ✓ **Role playing:**
 - ✓ Showing how to do the correct interventions
 - ✓ Focusing on patient's inner world
 - ✓ Behavioral rehearsal in a frustrating, high rise feeling situation