

CONTENTS

Prologue ix

Acknowledgments xvi

PART I: THE PATH TO DELIBERATE PRACTICE 1

1 The Path to Competence 3

2 The Path to Expertise 26

3 The Experiment, Phase 1: Deliberate Practice 32

4 The Experiment, Phase 2: Solitary Deliberate Practice 44

PART II: THE SCIENCE OF EXPERTISE: LEARNING FROM OTHER FIELDS 55

5 Expertise in Medicine: Focus on Clinical Outcomes 57

6 Expertise in Performing Arts: Focus on Skills 73

7 Expertise in Difficult Situations: Experience Refined by Feedback 86

8 Expertise in Spiritual Practices: Addressing Experiential Avoidance 96

<b>PART III: DEVELOPING YOUR OWN DELIBERATE PRACTICE ROUTINE</b>	<b>111</b>
9 The Principles of Practice	113
10 Deliberate Practice Exercises for Basic Skills	125
11 Deliberate Practice Exercises for Specific Models	143
<b>PART IV: SUSTAINING DELIBERATE PRACTICE</b>	<b>155</b>
12 The Inner Game: Self-Regulation, Grit, and Harmonious Passion	157
13 Advice for Supervisees: Finding Your Path to Expertise	165
14 Advice for Supervisors: Integrating Deliberate Practice into Supervision	173
15 Advice for Mid- and Later Career: Lifelong Learning	180
16 Challenges to Deliberate Practice	186
17 Looking Forward	190
<i>Epilogue</i>	193
<i>Appendix: Videotaping Psychotherapy</i>	195
<i>References</i>	198
<i>Index</i>	214