

Part II: DELIVERING YOUR OWN DELIBERATE PRACTICE ROUTINE

9. Using Principles of Practice
10. Deliberate Practice Exercises for Basic Skills
11. Deliberate Practice Exercises for Specific Models

PART IV: SUSTAINING DELIBERATE PRACTICE

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through painful clarity to the harsh consequences of clinical failure. I had come to therapy because I wanted to help my clients, not watch them die. This event sparked a crisis within me—one that I believe is shared by therapists around the world, across all the treatment models: *How do I become a more effective therapist?*

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