

CONTENTS

Expanded Contents	vii
Contributors	xi
Foreword	xiii
<i>Bruce E. Wampold</i>	
A Personal Preface and Dedication	xv
<i>Scott D. Miller</i>	
Introduction: How to Use <i>The Field Guide to Better Results</i>	3
Scott D. Miller and Mark A. Hubble	
1. Identifying Your “What” to Practice	7
Scott D. Miller and Mark A. Hubble	
2. Identifying and Refining Your Individualized Learning Objective	25
Daryl Chow, Scott D. Miller, and Mark A. Hubble	
3. Client Factors	47
Joshua K. Swift, Jesse Owen, and Scott D. Miller	
4. Therapist Factors	79
Helene A. Nissen-Lie, Erkki Heinonen, and Jaime Delgadillo	
5. Relationship Factors	107
John C. Norcross and Christie P. Karpiak	
6. Hope and Expectancy Factors	131
Michael J. Constantino, Heather J. Muir, Averi N. Gaines, and Kimberly Ouimette	

7. Structural Factors	155
Nicholas Oleen-Junk and Noah Yulish	
8. Habits: The Key to a Sustainable System of Deliberate Practice	181
Sam Malins, Scott D. Miller, Mark A. Hubble, and Daryl Chow	
9. The Last Chapter (but Not the Last Word) on Deliberate Practice	201
Sam Malins, Daryl Chow, Scott D. Miller, and Mark A. Hubble	
Appendix A: Taxonomy of Deliberate Practice Activities in Psychotherapy— Therapist Version (Version 6)	207
Appendix B: Taxonomy of Deliberate Practice Activities in Psychotherapy Exercise Guide	225
Index	239
About the Editors	253