## CONTENTS

Foreword	xi
K. Anders Ericsson	
Preface: Better Results Are Within Reach	XV
Acknowledgments	xix
I. THE STATE OF OUR ART	1
1. What Therapists Will Say, Won't Say, and Can't Say	3
2. What Do We Really Know About Psychotherapy After All?	9
II. EXPERTISE AND EXPERT PERFORMANCE:	
THE EVIDENCE BASE	17
3. Learning From the Experts on Expertise	19
4. What Is (and Is Not) Deliberate Practice?	31
III. GETTING STARTED: WHAT TO DO FIRST TO ACHIEVE	
BETTER RESULTS	41
5. Baseline Matters	43
6. How to Find Your Baseline	49
7. Making Sense of Your Baseline danake a big difference. False of	59
IV. MOVING FORWARD: IDENTIFYING WHAT TO	
DELIBERATELY PRACTICE	77
8. Mining Your Data for Better Results	79
9. How Average Leads to Better Results	91

10. How Being Bad Can Make You Better	101
11. What Matters Most for Better Results	115
12. A Study in Deliberate Practice	123
V. HOW TO DELIBERATELY PRACTICE	139
13. "Yeah, But What Am / Supposed to Do?"	141
14. Designing a System of Deliberate Practice	157
15. Epilogue	171
Appendix A: Reliable and Clinically Significant Change Chart for the Outcome Rating Scale  Appendix B: Calculating a Standard Deviation  Appendix C: Taxonomy of Deliberate Practice Activities in Psychotherapy—Supervisor/Coach Version (Version 5.1)	175 177
Appendix D: Taxonomy of Deliberate Practice Activities in Psychotherapy—Therapist Version	193
Appendix E: Troubleshooting Tips	207
References Index	211
About the Authors	247
	3. Learnin