

Deliberate Practice Diary Form

This book focuses on deliberate practice methods that involve active, live engagement between trainees and a supervisor. Importantly, deliberate practice can extend beyond these focused training sessions. For example, a trainee might read the client stimuli quietly or aloud and practice their responses independently between sessions with a supervisor. In such cases, it is important for the trainee to speak aloud rather than rehearse silently in one's head. Alternatively, two trainees can practice without the supervisor. Although the absence of a supervisor limits one source of feedback, the peer trainee who is playing the client can serve this role, as they can when a supervisor is present. Importantly, these additional deliberate practice opportunities are intended to take place between focused training with a supervisor; the use of homework fits perfectly with the cognitive behavioral therapy approach. To optimize the quality of the deliberate practice when conducted independently or without a supervisor, we have developed a deliberate practice therapist diary form that can also be downloaded from the book companion website (<https://www.apa.org/pubs/books/deliberate-practice-cognitive-behavioral-therapy>; refer to Clinician and Practitioner Resources). This form provides a template for the trainee to record their experience of the deliberate practice activity and, hopefully, will aid in the consolidation of learning. This form is not necessarily intended to be used as part of the evaluation process with the supervisor, but trainees are certainly welcome to bring their experience with the independent practice into the next meeting with the supervisor.

Use this form to consolidate learning from the deliberate practice exercises. Please protect your personal boundaries by only sharing information that you are comfortable disclosing.

Name: _____ Date: _____

Exercise: _____

Question 1. What was unhelpful or didn't go well this deliberate practice session?
In what way?

Question 2. What was helpful or worked well this deliberate practice session?
In what way?

Question 3. What did you learn about yourself, your current skills, and skills you'd like to keep improving? Feel free to share any details, but only those you are comfortable disclosing.