



# INTEGRATING CLINICAL SUPERVISION & DELIBERATE PRACTICE: THE SENTIO METHOD

## FEATURING:



**Tony Rousmaniere, PsyD & Alexandre Vaz, PhD**

**SATURDAY**  
**March 11, 2023**  
**9:00AM - 4:00PM**  
**PST**

**Live CE  
WEBINAR**

**REC** This workshop will be recorded.  
Before attending the workshop, you will be  
asked to give consent to the recording.

**Register by: March 8, 2023**  
[www.wi.edu/continuing-education](http://www.wi.edu/continuing-education)



### Free for The Wright Institute Community

Staff, Faculty, Students, Practicum and Internship Training Staff/Supervisors/Post Docs  
(serving WI Practicum and Internship Trainees)

**General Public: \$150, Non-WI Students: \$60, Alums: \$90**

Alumni who have completed or who update their Alumni Survey may attend this WI continuing education program free of charge. If you would like information about how to access your alumni survey please contact Cassandra Dilosa at [cdilosa@wi.edu](mailto:cdilosa@wi.edu).



### CE Credits: 6 CE Hours

The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

## DESCRIPTION:

Want to learn how to use Deliberate Practice in supervision? This workshop will teach you how! We will review the science of Deliberate Practice (DP), provide live demonstrations of DP, and practice practical methods for integrating DP into supervision. The workshop is highly experiential with many opportunities for participants to try DP themselves and receive feedback from DP experts. Participants will also have the opportunity to receive consultation on how to use DP with their current supervision cases. We will cover

methods to use DP for supervision in multiple models, including CBT, psychodynamic psychotherapy, narrative therapy, systemic family therapy, motivational interviewing, psychiatry, and more. This workshop provides six "supervision CEs" as required by the California BBS. This workshop is taught by two psychologists who edit a series of Deliberate Practice books for the APA and run a practicum that fully integrates DP into training and supervision (the Sentio Counseling Center).

This workshop teaches how to:

- Integrate Deliberate Practice into traditional supervision
- Use Deliberate Practice for development of the "Person of the Therapist"
- Provide optimal feedback
- Assign and evaluate Deliberate Practice homework
- Ensure that trainees are rehearsing in their "zone of proximal development"
- Use video and outcome data in supervision

## LEARNING OBJECTIVES:

*After completing this workshop, participants will be able to:*

- Describe a model for using Deliberate Practice in Supervision
- Explain the process for identifying a skill target for Deliberate Practice
- List methods for enhancing trainee motivation for Deliberate Practice
- Discuss findings from supervision research related to skill acquisition
- Analyze challenges involved in integrating Deliberate Practice in supervision
- Explain challenges in assessing the effectiveness of supervision and Deliberate Practice

## COURSE LEVEL:

Advanced: This workshop is useful for psychologists with extensive experience in the field.

## PRESENTERS:

**Tony Rousmaniere, Psy.D.** is Executive Director of the Sentio Counseling Center and the author of a dozen books on Deliberate Practice and psychotherapy training. He is co-editor of two book series: The Essentials of Deliberate Practice (APA Books) and Advanced Therapeutics, Clinical and Interpersonal Skills (Elsevier). Dr. Rousmaniere is the incoming President of Division 29 of the American Psychological Association. In 2017, he published the widely-cited article in The Atlantic Monthly, "What your therapist doesn't know". He is a licensed psychologist in California and Washington.

**Alexandre Vaz, Ph.D.** is the Director of Deliberate Practice Training at the Sentio Counseling Center and author/co-editor of numerous peer-review papers and books on Deliberate Practice and psychotherapy training. He is co-editor of two book series: The Essentials of Deliberate Practice (APA Books) and Advanced Therapeutics, Clinical and Interpersonal Skills (Elsevier). He has held multiple committee roles for the Society for the Exploration of Psychotherapy Integration (SEPI) and the Society for Psychotherapy Research (SPR). Dr. Vaz is founder and host of "Psychotherapy Expert Talks," an acclaimed interview series with distinguished psychotherapists and therapy researchers. He is a licensed clinical psychologist in Portugal.

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Please contact us in advance if you require special accommodations on the day of the event.

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