Contents

About the Editors ix
List of Contributors xi

Part I The Cycle of Excellence 1

1 Introduction 3
Tony Rousmaniere, Rodney K. Goodyear, Scott D. Miller, and Bruce E. Wampold

2 Professional Development: From Oxymoron to Reality 23
Scott D. Miller, Mark A. Hubble, and Daryl Chow

3 What Should We Practice?: A Contextual Model for How Psychotherapy Works 49
Bruce E. Wampold

4 Helping Therapists to Each Day Become a Little Better than They Were the Day Before: The Expertise-Development Model of Supervision and Consultation 67
Rodney K. Goodyear and Tony Rousmaniere

Part II Tracking Performance 97

5 Qualitative Methods for Routine Outcome Measurement 99
John McLeod

6 Quantitative Performance Systems: Feedback-Informed Treatment 123
Norah A. Chapman, Stephanie Winkeljohn Black, Joanna M. Drinane, Nicholas Bach, Patty Kuo, and Jesse J. Owen

7 Routine Outcome Monitoring in Child and Adolescent Mental Health in the United Kingdom at the Individual and Systems Levels: Learning from the Child Outcomes Research Consortium 145
Miranda Wolpert, Kate Dalzell, Jenna Jacob, Jenny Bloxham, Matt Barnard, Emma Karwatzki, Duncan Law, Benjamin Ritchie, Isabelle Whelan, and Kate Martin
Part III  Applications for Integrating Deliberate Practice into Supervision  161

8 Some Effective Strategies for the Supervision of Psychodynamic Psychotherapy  163
   Mark J. Hilsenroth and Marc J. Diener

9 Nurturing Therapeutic Mastery in Cognitive Behavioral Therapy and Beyond: An Interview with Donald Meichenbaum  189

10 Nurturing Expertise at Mental Health Agencies  199
   Simon B. Goldberg, Robbie Babins-Wagner, and Scott D. Miller

11 The Ongoing Evolution of Continuing Education: Past, Present, and Future  219
   Jennifer M. Taylor and Greg J. Neimeyer

12 Advances in Medical Education from Mastery Learning and Deliberate Practice  249
   William C. McGaghie

Part IV  Recommendations  265

13 Improving Psychotherapy Outcomes: Guidelines for Making Psychotherapist Expertise Development Routine and Expected  267
   Tony Rousmaniere, Rodney K. Goodyear, Scott D. Miller, and Bruce E. Wampold

Index  277