

# Highly Effective Therapy



## HIGHLY EFFECTIVE THERAPY

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Developing  
Essential Clinical Competencies in  
Counseling and Psychotherapy

LEN SPERRY



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Mental health professionals and accrediting bodies have steadily been embracing competency-focused learning and clinical practice. In contrast to a skill, a competency is a level of sufficiency evaluated against an external standard. Learning to be clinically competent involves considerably more than the current emphasis on skill and micro skill training. While there are now a small number of books that describe the various clinical competencies of counseling and psychotherapy, none of these books focus on how to learn them. Highly Effective Therapy emphasizes the process of learning these essential competencies. It illustrates them in action with evidence-based treatment protocols and clinical simulations to foster learning and competency. Highly Effective Therapy is a hands-on book that promotes learning of the 20 competencies needed for effective and successful clinical practice.

作者介绍:

目录:

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