

ENHANCING PSYCHOTHERAPY TRAINING WITH DELIBERATE PRACTICE



HANNA LEVENSON, PhD

17 JUIN 2025

L'Institut Universitaire de Psychothérapie, en collaboration avec le CEPUSPP, a le plaisir de vous convier à une conférence extraordinaire (en anglais) :

Deliberate Practice (DP) refers to a specific type of practice that is purposeful, focused, and systematic, designed to improve performance through repeated, refined execution of skills, with feedback from a coach or teacher. DP has been shown to improve expertise in a variety of fields such as sports and music. Recent research indicates it holds promise for enhancing a therapist's skill in implementing essential therapeutic interventions (e.g., dealing with defenses, eliciting and deepening emotions, providing corrective experiences). In this presentation, Dr. Levenson will describe the rationale for using DP to improve trainees' skill competencies, and will explain some of the ways DP is different from traditional psychotherapy training. She will also introduce a format for DP exercises that simulates patient-therapist interactions around challenging clinical situations. Attendees will have the opportunity to try out a DP exercise to give them the experience of what it is like to actually do DP. The talk will conclude with how to use DP in supervision as well as how therapists can set up their own DP routine. Ultimately, this presentation is designed to introduce attendees to a method for enhancing training to improve client outcome.

Hanna Levenson, PhD, has been specializing in brief dynamic psychotherapy and supervision for 50 years. She is Professor Emerita at the Wright Institute, Berkeley, California and has a private practice in California where she sees individuals and couples for therapy and professionals for consultation. Dr. Levenson is the author of over 80 professional papers/chapters and three books on brief dynamic psychotherapy: *Time-Limited Dynamic Psychotherapy: A Guide to Clinical Practice* (1995), *Concise Guide to Brief Dynamic and Interpersonal Psychotherapy*, 2nd edition (2002), and *Brief Dynamic Therapy*, 3rd edition (2025). In addition, she has recently co-written three books on deliberate practice: *Deliberate Practice for Psychodynamic Psychotherapy* (2023), *Deliberate Practice for Accelerated Experiential Dynamic Therapy* (2025), and *Deliberate Practice for Emotionally Focused Couple Therapy* (2025). As part of APA's Clinical Supervision Essentials Series, Dr. Levenson has edited 11 books, and interviewed various supervisor experts for APA's Supervision Video Series. She has recorded four professional training videos on her approach to brief therapy and one on psychodynamic therapy skills (2023). Dr. Levenson was awarded the Distinguished Contribution to Psychology as a Profession Award by the California Psychological Association.

17 JUIN 2025

16h30 – 18h00

en anglais

***Entrée libre, sans
inscription***

**Auditoire Christian
Müller, Site de Cery**

**Avec
Hanna Levenson,
PhD,**

Professor at the Wright
Institute, Berkeley, CA and
Private Practice

**CONFERENCE
ORGANISÉE PAR**

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PSYCHOTHERAPIE
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