

Deliberate Practice Diary Form

To optimize the quality of the deliberate practice, we have developed a Deliberate Practice Diary Form that can also be downloaded from the "Clinician and Practitioner Resources" tab (<https://www.apa.org/pubs/books/deliberate-practice-psychodynamic-psychotherapy>). This form provides a template for the trainee to record their experience of the deliberate practice activity and, ideally, will aid in the consolidation of learning. This form is not intended to be used as part of the evaluation process with the supervisor.

Deliberate Practice Diary Form

Use this form to consolidate learnings 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 helpful or worked well this deliberate practice session? In what way?

Question 2. What was unhelpful or didn't go 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.