



# Highly Effective Therapy: 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.

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