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On Becoming a Better Therapist

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Psychotherapy in Australia
Volume 16 Issue 4 (Aug 2010)

Duncan, Barry¹

Abstract: Most therapists aspire to become better at what they do. However, research has shown that personal therapy has nothing to do with outcome; there are no therapeutic approaches, strategies or interventions shown to be better than any other; professional training and discipline do not matter much to outcome; there is no evidence to show that continuing professional education will improve effectiveness; and, although it defies common sense, experience does not improve outcomes either.

So what does 'professional development' mean and how do we accomplish it? In this edited extract from his recent book, *On Becoming a Better Therapist*, Barry Duncan explores how we can remember our original aspirations, continue to develop as therapists, and achieve better results more often with a wider variety of clients.



FULL TEXT PDF (613KB)

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