



On Becoming a Better Therapist: Evidence-Based Practice One Client at a Time

Barry L. Duncan

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How can therapists become better at doing what they love, avoid burnout, and prevent client dropout? Respected therapist, trainer, and researcher Barry Duncan asserts that getting better at this work requires therapists to dedicate themselves to two key tasks: obtaining systematic client feedback and taking charge of their own development as a therapist.

This book describes his Partners for Change Outcome Management System (PCOMS), an evidence-based method that provides systematic feedback from clients, thereby enabling therapists to identify and target clients who aren't responding to traditional treatment before they drop out. Duncan examines the common factors inherent to all successful therapies and details the importance of the therapeutic alliance as the foundation of effective therapy. He encourages therapists to expand their theoretical breadth, think deeply about the lessons they learn from their clients, and integrate these lessons into their performance. His highly readable book details a five-step plan to take charge of personal and professional development, stave off disenchantment, and remain a vital force for change in clients lives.

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