

# Introduction to Functional Analytic Psychotherapy

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# Introduction to Functional Analytic Psychotherapy

- Session description:
- What is Functional Analytic Psychotherapy (FAP)?
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- How "Contextualism" can improve your practice.
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- Integrating FAP in your practice.

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# Introduction to Functional Analytic Psychotherapy

- The attendee will be able to: Describe the basic underpinnings of Functional Analytic Psychotherapy, describe how contextualism can improve their practice and better relate to their clients, and how they can integrate it into their practice.

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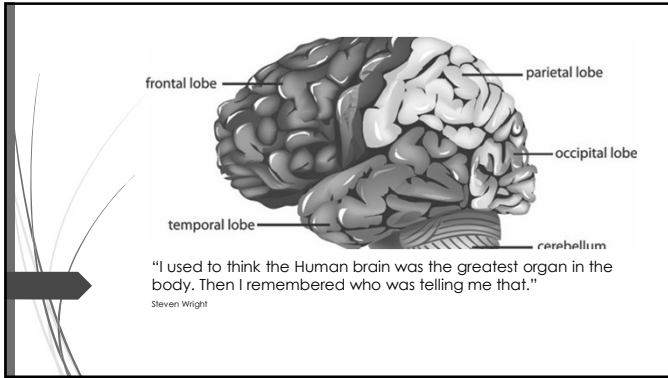
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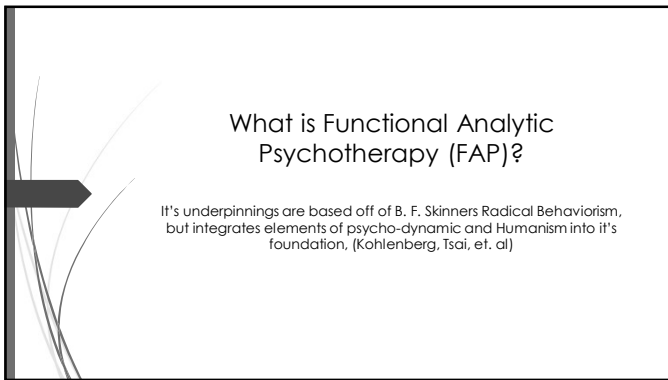
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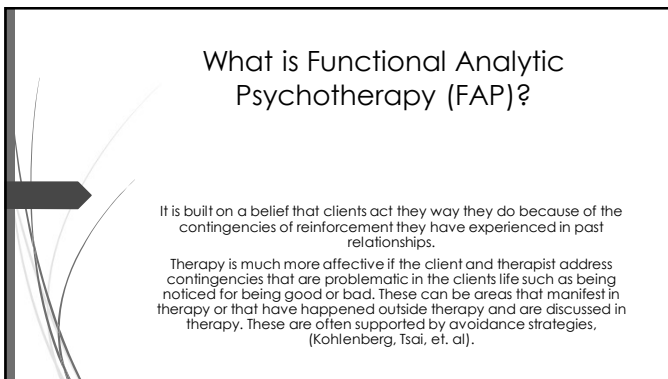
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### What is Functional Analytic Psychotherapy (FAP)?

It is contextual in shaping therapeutic responses to clients non-helpful behaviors

It looks at "Rule Governed Behavior" that the client is exhibiting on a contextual basis

Offers a natural reinforcement to shape Pt problems when they occur in the therapeutic relationship, through contingencies of reinforcement.

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### What is Functional Analytic Psychotherapy (FAP)?

It strives to be very aware of transference and counter-transference

It uses interpretations of client behavior to help the client

It looks at issues in therapy that are non-helpful behaviors to see if they are going on outside therapy and non-helpful behaviors outside therapy. CRB1

It works on helping the clients to generalize more helpful behaviors. CRB2

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“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”

Patanjali

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## What is Functional Analytic Psychotherapy (FAP)?

- Fosters meaningful intense Pt – therapist relationship or therapeutic relationship
- It helps the therapist speak their truth with passionate conviction
- It helps the therapist lean and expand on what is unique and endearing about each client
- Helps the therapist learn to touch their client's soul so one can give them and their families a lasting gift. (Kohlenberg, Tsai, et. al).

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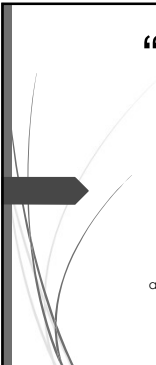
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“ No man is an island  
 No man is an island,  
 Entire of itself.  
 Every man is a piece of the continent,  
 A part of the main.  
 If a clod be washed away by the sea,  
 Europe is the less.  
 As well as if a promontory were,  
 As well as if a manor of thy friend's  
 Or of thine own were:  
 Any man's death diminishes me,  
 Because I am involved in mankind,  
 And therefore never send to know for whom the bell tolls. It tolls for thee.

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John Donne

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## What is Functional Analytic Psychotherapy (FAP)?

- Looks for "Functional Similarity" in non-helpful behaviors
- It is an integrative therapy that can be used as an adjunct to other therapies. (Kohlenberg, Tsai, et. al).

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### How "Contextualism" can improve your practice.

- By being more conscious of transference
- By being more conscious of counter-transference
- By reinforcing desired behaviors
- By not reinforcing negative behaviors, (Kohlenberg, Tsai, et. al).

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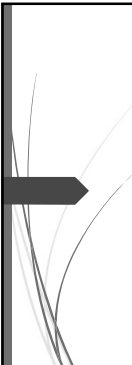
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### Integrating FAP in your practice.

What are ways that a therapist can integrate FAP into their practice?

- Being aware of transference and counter-transference.
- Being mindful of different behaviors that get the client the same negative result.
- Reinforcing behaviors that move client in their valued direction.
- Reinforcing the therapeutic relationship by showing the client how much we care about them, unconditionally.

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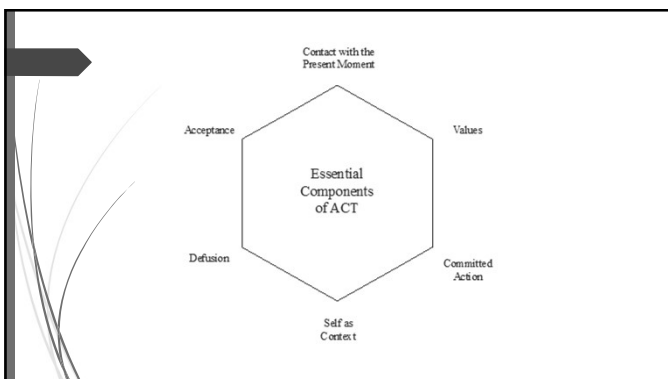
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### Additional Resources

The Association for Contextual and Behavioral Science web sight:  
<https://contextualscience.org/>

A Guide to Functional Analytic Psychotherapy, Awareness, Courage, Love, and Behaviorism; Tsai, Kohlenberg, Kanter, Kohlenberg, Folette, Callaghan, Springer Science and Busines Media, LLC, 2009

Functional analytic psychotherapy: A radical behavioral Approach to treatment and integration, Kohlenberg, R.J., Tsai, M., Journal of Psychotherapy Integration, 4, 175-201

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### Interpretive Exercise

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### Bibliography

A Guide to Functional Analytic Psychotherapy, Awareness, Courage, Love, and Behaviorism; Tsai, Kohlenberg, Kanter, Kohlenberg, Folette, Callaghan, Springer Science and Busines Media, LLC, 2009

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