

Preface

Our first book, *Functional Analytic Psychotherapy: Creating Intense and Curative Therapeutic Relationships*, was published almost two decades ago. We finished that manuscript a day before our son was born, and as he has grown and flourished, so has FAP. We concluded that book with the statement, “If this book produces just one meaningful, intense, client-therapist relationship that otherwise would have not occurred, then, for us, it was useful.” In fact, based on the feedback we have received, countless meaningful interactions have occurred as a result of therapists using FAP principles. Our book has been translated carefully into *Portuguese* (Rachel Kerbaui, Ph.D., Fátima Conte, Ph.D., Mali Delitti, Ph.D., Maria Zilah da Silva Brandão, M.A., Priscila Derdyk, M.A., Regina Christina Wielenska, Ph.D., Roberto Banaco, Ph.D., and Roosevelt Starling, M.A.), *Japanese* (Hiroto Okouchi, Ph.D. Takashi Muto, Ph.D., Akio Matsumoto, M.A., Minoru Takahashi, M.A., Toshihiko Yoshino, Ph.D., Hiroko Sugiwaka, Ph.D., Masanobu Kuwahara, M.A., Yuriko Jikko, M.A., and Mariko Hirai, M.A.) and *Spanish* (Luis Valero, Ph.D., Sebastian Cobos, B.A., Rafael Ferro, Ph.D., and Modesto Ruiz, M.A.), and we have presented numerous workshops nationally and internationally to enthusiastic audiences. The relevance of FAP rules and methodology appears universal for all therapists who want to create more intense and curative therapeutic relationships. For those who are unfamiliar with FAP’s foundations, Chapter 1 of this volume offers an introduction which details the behavioral principles upon which FAP was founded. Although FAP has a long way to go before it meets criteria for an empirically supported treatment, the basic tenets of FAP—the importance of the therapeutic relationship and the use of natural reinforcement to shape client problems when they occur in the therapeutic relationship—are quite robust, and evidence from multiple and diverse areas of research in support of these principles is described in Chapter 2. FAP, when conducted well, requires a thorough and accurate assessment and case conceptualization, the topic addressed in Chapter 3. The heart of FAP methodology is elucidated in Chapter 4 which discusses Therapeutic Technique and the Five Rules. In Chapter 5 we discuss our behavioral account of how the experience of self is created, and why a sense of self is necessary in order for one to engage in mindfulness. The development of intimacy and how it involves risk taking by both client and therapist is the

topic of Chapter 6. In Chapter 7, *The Course of Therapy*, we describe a typical FAP treatment from beginning to end. Chapter 8 covers both individual and group models of FAP supervision, and also offers suggestions for therapist self-development. Therapists who believe that the world is at a crossroads for survival and want to go beyond treating their clients' symptoms by bringing forth their clients' best selves and a commitment to activism will resonate with the ideas stated in Chapter 9, *Values in Therapy and Green FAP*.

The behavioral language and concepts used throughout this book help to give new and more precise insights into clinical phenomena. This terminology was not developed in the psychotherapy environment, however, and thus can be cumbersome when used to communicate about clinical experience. In writing this book we walked a line between the language of behaviorists and that used by most clinicians, and sought to capitalize on the richness of both. For those who prefer everyday language, we emphasize therapeutic awareness, courage and love because these qualities are important in implementing the rules of FAP. Whatever your orientation, wherever you are in your individual journey as a therapist, we hope that the ideas and information contained in this book will inspire you to be more aware, courageous and loving towards your clients and that they will reinforce you for doing so.

Finally, we want to underscore that therapy is not about just following rules and adherence measures. Each time you interact with someone, you have the opportunity to reflect what is special and precious about this person, to heal a wound, to co-create closeness, possibilities and magic. When you take risks and speak your truth compassionately, you give to your clients that which is only yours to give—your unique thoughts, feelings, and experiences. By so doing, you create relationships that are unforgettable. When you touch the hearts of your clients, you create a legacy of compassion that can touch generations yet unborn.

Seattle, WA, USA

Mavis Tsai
Robert J. Kohlenberg

A Guide to Functional Analytic Psychotherapy

Awareness, Courage, Love, and Behaviorism

Tsai, M.; Kohlenberg, R.J.; Kanter, J.W.; Kohlenberg, B.;

Follette, W.C.; Callaghan, G.M.

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