

FUNCTIONAL
ANALYTIC
PSYCHOTHERAPY
made simple

A Practical Guide to Therapeutic Relationships

GARETH HOLMAN, PhD
JONATHAN KANTER, PhD
MAVIS TSAI, PhD
ROBERT KOHLENBERG, PhD

New Harbinger Publications, Inc.

Contents

Foreword: Treating Others with Awareness, Courage, and Love	ix
Introduction	i
Part 1: The Ideas	
1 Social Connection and the Therapeutic Relationship as Contexts for Change	13
2 Take a Contextual Behavioral Perspective	27
3 Stay Grounded in Functional Analysis	39
4 The Stance of Awareness, Courage, and Love	67
5 Shape Process with the Five Rules of FAP	81
Part 2: The Practice	
6 Know Yourself	99
7 Lay a Foundation at the Beginning of Therapy	115
8 Call Forward into the Moment	141
9 Respond to Growth	173
10 Balance Structure and Flow—The Logical Interaction	189
11 Understanding in Motion—Case Conceptualization with FAP	205
12 Solidify Change with Homework and Experiential Exercises	225
13 Marking the End of Therapy	237
Conclusion	245
Acknowledgments	251
Additional Reading	253
References	255
Index	263