



Functional Analytic Psychotherapy Made Simple: A Practical Guide to Therapeutic Relationships (The New Harbinger Made Simple Series)

Gareth Holman, Jonathan Kanter, Mavis Tsai, Robert Kohlenberg

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Written by the founders of functional analytic psychotherapy, *Functional Analytic Psychotherapy Made Simple* is the first professional resource to offer a practical treatment approach focused on client interpersonal relationships.

Functional analytic psychotherapy (FAP) is a proven-effective treatment for mental health disorders, and has been shown to enhance the quality of interpersonal relationships. If you're a therapist, how you relate to your clients can have a profound impact on treatment outcomes. This book integrates the latest research on the importance of the therapist-client relationship with the new science of social connection into a user-friendly, contextual behavioral framework.

In this book, you'll find an introduction of the promise and foundation of FAP with an emphasis on practice and reflection, and then dive deeper into each separate element of practice: assessment and case conceptualization, present-moment experience, emotions, self and values, exercises, mistakes in FAP, and getting "unstuck" in therapy. You'll also learn to help clients implement awareness, courage, and love as the basis of all social connection. Finally, you'll learn how this treatment model can be used to respond to some of the most challenging issues clinicians face, such as clients who aren't improving, clients with whom your relationship is very intense or volatile, clients who are hard to like, and clients with whom there is a lot of frustration or unspoken conflict.

No matter your treatment background, this book will provide invaluable strategies for adopting functional analytic psychotherapy in your practice, enhancing relationships with your clients, and improving overall treatment outcomes.

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