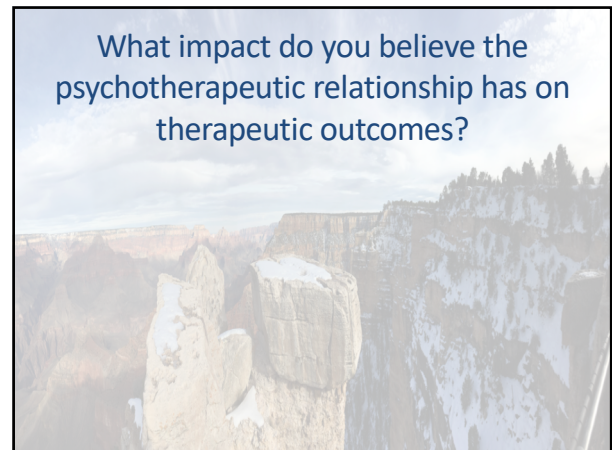




**Functional Analytic Psychotherapy (FAP):
Relationships as the
primary vehicle for
therapeutic change?**

Aisling Leonard-Curtin, M.Sc., C. Psychol., Ps.S.I
Chartered Psychologist, Peer-Reviewed ACT
Trainer, FAP Trainer

What impact do you believe the
psychotherapeutic relationship has on
therapeutic outcomes?

**Research summary on the therapeutic
relationship and psychotherapy outcome**

Factors that influence client outcome can be divided into four areas: extratherapeutic factors, expectancy effects, specific therapy techniques, and common factors. Common factors such as empathy, warmth, and the therapeutic relationship have been shown to correlate more highly with client outcome than specialized treatment interventions. The common factors most frequently studied have been the person-centered facilitative conditions (empathy, warmth, congruence) and the therapeutic alliance. Decades of research indicate that the provision of therapy is an interpersonal process in which a main curative component is the nature of the therapeutic relationship. Clinicians must remember that this is the foundation of our efforts to help others. The improvement of psychotherapy may best be accomplished by learning to improve one's ability to relate to clients and tailoring that relationship to individual clients.

(Lambert, Michael J.; Barley, Dean E. Psychotherapy: Theory, Research, Practice, Training, Vol 38(4), 2001, 357-361.)

Who am I?

- Chartered Counseling Psychologist
- Peer-Reviewed ACT Trainer
- FAP Trainer
- Experience across a wide range of settings
- Primarily a clinician & Trainer
- Identify as Functional Contextualist
- Completed research on ACT, RFT & MBCT
- Lecturer as Masters & Doctorate level
- Author
- Married my wife in 2017
- Love genuine connections
- Enjoy Improv, writing fiction and having new experiences as hobbies

Why am I here and Why is FAP here?

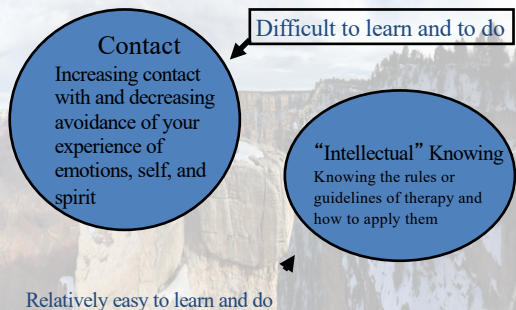


An Invitation: 3 zones



Adapted from Benji Schoendorff

Two Kinds of Skills that Increase Your Potency as an Agent of Change



Setting Intention



Problems

- High lifetime incidence of DSM disorders
- High demand for treatment
- High rates of divorce, sexual concerns, abuse, violence, prejudice
- Some extremely destructive behaviors, like suicide, are very common

Quality of social relationships predicts all of this

Loneliness/lack of social connection equivalent to smoking 15 cigarettes a day



Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A Meta-analytic Review. PLoS Med 7(7): e1000316. doi:10.1371/journal.pmed.1000316

Behavior Analytic Concepts: Three Therapeutic Change Agents

There are only three ways a therapist can affect a client:

1. Evoking Client Bx (by presenting Discriminative Stimuli - S^D)
2. Eliciting Client Bx (by presenting Conditioned Stimuli for respondent behavior)
3. Consequence Client Bx (Reinforce, punish & extinguish)

i.e., the 3 stimulus functions = the 3 therapeutic change agents

These functions will have their strongest effects on in-session client behavior

Can training therapists in FAP improve outcomes?



(Kohlenberg, Kanter, Bolling, Parker, & Tsai, 2002)

Daily Life Focus Turn
(not an in-vivo "hit")

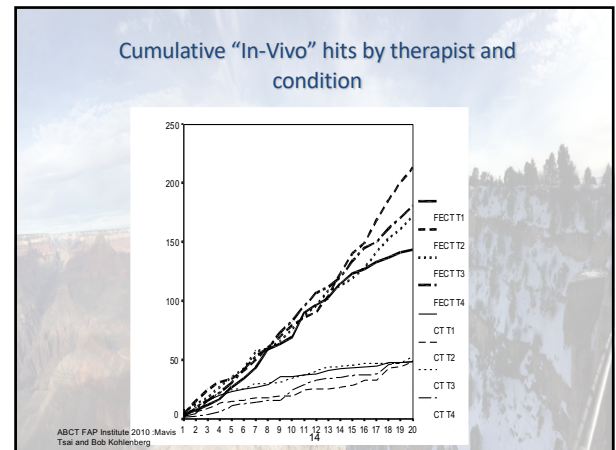
CT as usual-
Focus on
daily life

Let's talk about what your thoughts were when you were talking to your husband and then felt helpless about your relationship with him.

Therapy Focus Turn
(in-vivo "hit")

FECT
Focus on in-vivo
behaviors

I'm wondering if the helplessness you feel in your relationship with your husband ever shows up in your relationship with me?



Odds of Weekly Client-Reported Outcomes in Week Following Associated with 5 In-Vivo Turns

- "During this session, I made progress dealing with my problems." $p < .01$
- "My relationships over the last week were better." $p = .05$.

ABCT FAP Institute 2010 -Mavis Tsai and Bob Kohlenberg

Bottom Line:

Increase your "in-vivo" hits by five turns in a session (guided by FAP), and your client will likely show improvements for (each five turn increment) in the following week.

The time-space relationship

Reinforcement is more effective if it is delivered closer in time and space to the behavior

Example: Reinforcing a client for improvement immediately in session (**in-vivo**) vs. reinforcing a client for an improvement that occurred earlier in the week.

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The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.

-Thich Nhat Hanh



CRB: Clinically Relevant Behavior

CRBs occur *in session* and can be addressed on the spot

CRB-1 (Away): Client *problems* occurring in session

CRB-2 (Towards): Client *improvements* that occur in session

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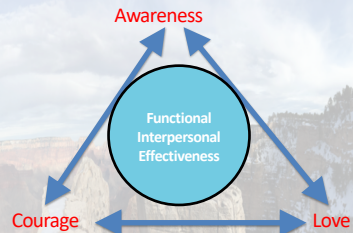
FAP therapists have as their goal the use of awareness, courage, and love to bring about more effective relationships for their clients and to relieve suffering.



Each of these interacts with the other to create a powerful and effective change in human behavior.

FAP asks

Can we live with courage to try new, bold behaviors to experience and share profound emotions of compassion and love with others in the service of a rich and meaningful life?



We ask this of ourselves in doing therapy, of the clients we work with, and of ourselves in our own personal lives.

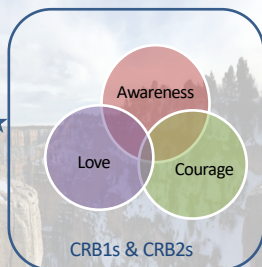
Adapted from Holman, Callaghan, Kanner & Wettersack 2013

THE FIVE RULES

1. Watch for CRBs. [Awareness]
2. Evoke CRBs. [Courage]
3. Reinforce CRB2s. [Love]
4. Notice effects of your behavior. [more Awareness inc T1s & T2s]
5. Provide functional interpretations of behavior and implement generalization strategies. [interpret and generalize]

★
ACL

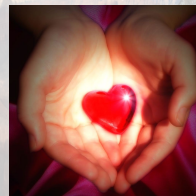
CLINICALLY RELEVANT BEHAVIORS (CRBs)

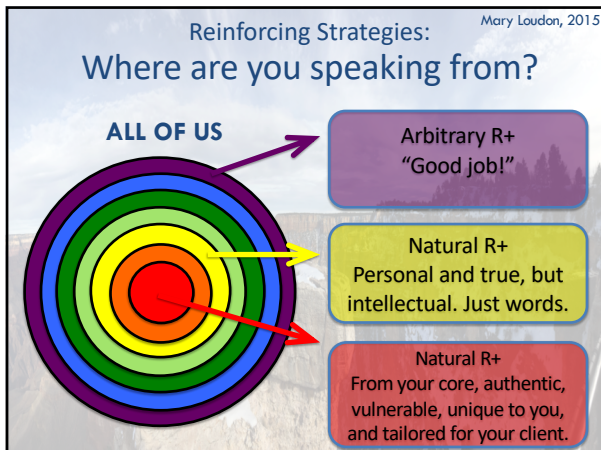


Adapted from Mary Loudon, 2015

Rule 3: Naturally Reinforce CRBs

A consequence that parallels or is functionally equivalent to daily life contingencies.





FAP Exercises for Training & with Clients

- Life History
- Loss Inventory
- Shame Release
- Closeness-generating questions
- Session Bridging Forms
- Amplifying the evocativeness of questions you currently ask
- Amplifying the level of reinforcement you would usually give- permitting yourself to say the things that are true, yet you usually hold back from saying

A Way to Start Sessions

- Mindfulness to identify towards & away moves
- Ground in intention
- Ask client to tell you toward & away moves and ask for permission to bring them back when they move away
- Sometimes clients won't know- NB to have examples
- Ask for permission to bring the client back if they move away before they move into any content

Leonard-Curtin (2018)

Develop yourself as an instrument of change (assessment of your T1s and T2s)

"Never, never lie to yourself. don't lie to others, but least of all to yourself"
-Dostoevsky

- 1) What do you tend to avoid addressing with your clients?
- 2) How does this avoidance impact the work that you do with these clients?
- 3) What do you tend to avoid dealing with in your life? [tasks, people, memories, needs, feelings, e.g., longings, grief, anger, sadness, fears, be specific]
4. How do your daily life avoidances impact the work that you do with your clients?
5. What are specific T2s you want to develop with each client based on the case conceptualization?

Invitation: Would you be willing to spend just 5 minutes each day breaking out of your comfort zone? Why/Why not?

5 Minute Breakouts

aisling@actnow.co

ACT Now
Purposeful Living