



Functional Analytic Psychotherapy: Distinctive Features (CBT Distinctive Features)

Mavis Tsai, Robert J. Kohlenberg, Jonathan W. Kanter, Gareth I. Holman, Mary Plummer Loudon

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How can I *supercharge* the therapy I currently use?

This volume distils the core principles, methods, and vision of the approach. Each Functional Analytic Psychotherapy (FAP) principle is presented in terms of its intended purpose and is clearly linked to the underlying theory, thus providing clinicians with a straightforward guide for when and how to apply each technique.

FAP embraces awareness, courage, and love as integral to the treatment process. Part I of this volume reviews the history of FAP and the basic behavioral principles on which it is based. Part II provides an easy to use step-by-step guide to the application of FAP techniques.

FAP is an approach undergoing a renaissance, and this volume uniquely summarizes the full history, theory, and techniques of FAP, resulting in a handbook perfect for clinicians and graduate students with or without a behavioural background.

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