

Submitted by:

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Kanter, J. W., Tsai, M., & Kohlenberg, R. J. (Eds.) (2010). **The Practice of Functional Analytic Psychotherapy**. Springer: New York. \$72 at Amazon

Reviewer comments:

"Functional Analytic Psychotherapy (FAP) adapts radical behavioral principles to dealing with interpersonal problems in therapy in a humane and sensitive fashion. This lively compilation describes the way that FAP can be integrated into a variety of different treatments and applied to a variety of patient populations. The authors are to be congratulated for the breadth and power of their contribution. The basic principles they describe should improve anyone's practice."

- Steve Hollon, Ph.D. Vanderbilt University

Disclosure #1: I co-authored 2 chapter entries in this book.

Disclosure #2: I don't get any money from this book.

Since the 1991 publication of Functional Analytic Psychotherapy (FAP) by Kohlenberg and Tsai, graduate students, faculty, and practitioners from across the globe have expanded the scope, depth, and practice of FAP (acronym pronounced as one word, rhymes with cap). For those unfamiliar with FAP, it is rooted in the application of behavior analytic principles and strategies in the interpersonal context of therapy by bringing the client's real world relationships front and center into the therapy session, using the therapeutic relationship as both the context and agent for therapeutic behavioral change. FAP specifies rules such as, watch for clinically relevant behavior, evoke clinically relevant behavior, and reinforce clinically relevant improvements in a functional, meaningful, sincere, and genuine manner.

The 2010 collection includes 14 chapters, with 6 describing how FAP, as both a therapeutic approach and therapeutic process can be integrated with existing therapies and approaches (CBT, DBT, Acceptance and Commitment Therapy, as well as Behavioral, Psychodynamic, and Feminist Therapies). Additional chapters discuss the integration of FAP in couples therapy, working with sexual minorities, adolescents, the chronically mentally ill, men with sexual offense behavior, transculturally, and in Interpersonal Process Groups. The chapters are intended as stand-alone entries, and as such, there is some

overlap amongst the chapters when each provides an overview of FAP. However, there is ample variability among the chapters, with each author or set of authors providing slightly different approaches to their presentations; some include case vignettes and transcripts, while others are interspersed with clinical examples. Reviewing each of the chapters will provide a comprehensive overview of FAP, while the individual chapters provide topic-specific depth.

The editors provide this closing in their introduction, “FAP calls for behavior analytic precision; open-hearted generosity, vulnerability, expressiveness, and humility; and the continued pursuit of intellectual and emotional growth from its practitioners.” If this sounds like your vision of therapy, this book will be of value.