



# Functional Analytic Psychotherapy: Distinctive Features (CBT Distinctive Features)

By 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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Review

*The authors have written a highly accessible and cogent account of FAP theory and practice. This book clearly shows how experts in other cognitive behaviour therapies can integrate FAP strategies and techniques into their own practice, in order to enhance their therapeutic benefits.* - **Frank Bond, Goldsmiths, University of London, UK**

## **About the Author**

**Mavis Tsai** is a psychologist in independent practice and Director of the FAP Specialty Clinic at the University of Washington where she is involved in teaching and research.

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**Jonathan W. Kanter** is Associate Professor and Clinic Coordinator at the Department of Psychology, and a Research Scholar at the Center for Addictions and Behavioral Health, University of Wisconsin-Milwaukee.

**Gareth Holman** is a post-doctoral fellow at Evidence-Based Practice Institute in Seattle and FAP practicum co-instructor at the University of Washington.

**Mary Plummer Loudon** is a clinical psychologist in private practice and FAP Clinic supervisor at the University of Washington.

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