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The Practice of Functional Analytic Psychotherapy

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Since the earliest years of its development, Functional Analytic Psychotherapy (FAP) has been hailed for its clinical innovation and transformative power with clients across the range of disorders. Building on the foundations of their earlier volumes about this versatile therapy, the editors of *The Practice of Functional Analytic Psychotherapy* bring together noted clinicians and researchers to explain in depth how FAP can be used in conjunction with a broad spectrum of therapeutic approaches, and with diverse client populations. The hallmarks of the method, including therapist sensitivity and responding to client behavior in the moment, courage, mindfulness, acceptance, and egalitarianism, inform a wide array of interventions and strategies, among them:

- Integrating FAP with other treatments, including cognitive behavioral therapy, acceptance and commitment therapy, dialectical behavior therapy, behavioral activation, psychodynamic therapies, and feminist therapies.
- Applying FAP across cultures, nationalities, and ethnicities.
- Employing FAP with couples.
- Increasing sensitivity to and effectiveness with sexual minority clients.
- Modifying FAP for developmentally appropriate use with adolescents.
- Enhancing a team approach with severely mentally ill patients in institutional settings.
- Strengthening the power of interpersonal process groups.

As a new tool or an enhancement to current practice, these applications of FAP will give therapists an empowering complement to their work. *The Practice of Functional Analytic Psychotherapy* points to compelling directions in personal growth and change?on both sides of the therapeutic bond.

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