Functional Analytic Psychotherapy
Basic Principles

**Clinically Relevant Behavior (CRB)**
CRB1: In-session instances of daily-life problems
CRB2: In-session instances of daily-life improvements
CRB3: Client statements of functional relationships

**Mechanism of Change**
Therapist contingent responding to decrease CRB1s and increase CRB2s

**Rules**
Rule 1: Watch for CRBs
Rule 2: Evoke CRBs
Rule 3: Naturally Reinforce CRB2s
Rule 4: Notice Your Effect on Your Client
Rule 5: Provide Statements of Functional Relationships

© Robert J. Kohlenberg, Ph.D., 2005