

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