

## PROVIDING A FAP RATIONALE

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### **Focusing on the Here and Now:**

The most powerful kind of interaction is based on the present, when something you say affects me, or something I say affects you. Therapy has more impact when you talk about your experience in the present moment, like feelings of being depressed and anxious, or thoughts of being unsure of yourself that are happening in the session rather than just reporting about those feelings during the week. When we look at something that is happening right now, we can experience and understand it more fully and therapeutic change is stronger and more immediate.

### **Focusing on the Therapeutic Relationship as a Way to Learn New Patterns:**

The therapy relationship provides opportunities to learn how to express yourself fully and create better relationships. It will be helpful for us to focus on our interaction if you have issues or difficulties that come up with me which also come up with other people in your life (such as co-workers, acquaintances, supervisors, friends, partner or spouse). When one expresses one's thoughts, feelings, and desires in an authentic, caring and assertive way, one is less likely to be depressed.

### **Specific Example:**

Sometimes the things you are depressed about, and your depression itself, will show up in our sessions. For example, I know you feel hopeless about your relationship with your wife, and in turn there may be times when you feel hopeless in here, with me, about our work. That is o.k. if that happens. In fact, when things like that happen, when your depression shows up in here, it will be very important for us to take notice. That is because when things happen live between us, they are special opportunities for us to do real work and to really help you understand and change what is happening to you, as it is happening.