IDEALING WITH... FUNCTIONAL ANALYTICAL PSYCHOTHERAPY
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In 1991, a book appeared that, with all possible discretion, initiated a revolution in Behavioral Therapy. It was the first manual of Functional Analytic Psychotherapy (FAP, Kohlenberg, & Tsai, 1991) and it was the revolution that would take the starring role in what would later be known as the “third generation therapies” (Hayes, 2004) or “contextual therapies” (Pérez Álvarez, 1996). FAP was presented as a faithfully behavioral treatment that, addressing the notion of functional class or class of behavior, responded to the problem of outpatients. It also included a completely innovative conception about the development of the self and its potential problems. A therapy was created that, in a way, is not optional: Whatever is done in the clinical-health field, there is no other way to do it than according to the rules and principles of FAP. Twenty-seven years have passed since that first manual (30 since the first text on the therapy) and FAP has been developed over time, generating assessment tools in accordance with its clinical practice, models of therapeutic supervision, deepening the clinical skills necessary for the practice of therapy and, above all, gaining experience in the treatment of complex psychological problems.

The book TRATANDO CON... PSICOTERAPIA ANALÍTICA FUNCIONAL [DEALING WITH... FUNCTIONAL ANALYTICAL PSYCHOTHERAPY] is the most complete update that exists in Spanish on Functional Analytic Psychotherapy. The authors present a text with a clear applied inclination, focused on the therapist’s personal and clinical skills, on supervision, and with abundant examples of dialogues taken from real cases. The first chapters of the book present the therapy and the fundamentals of FAP. If the reader is not familiar with Functional Analytic Psychotherapy, these first two chapters will give them the context. The approach therein of certain classic problems in cognitive-behavioral therapy such as generalization, or the follow-up of instructions by patients, or the “prevention of relapse”, makes the contribution of FAP to Behavior Therapy crystal clear. The next chapter focuses on the therapeutic process and its stages. It would be worth highlighting here the section related to the case conceptualization diagram, later exemplified with a client. The application of FAP requires great attention on the part of the therapist to various aspects (the diagram, later exemplified with a client). The application of FAP to persons with serious mental illness. In J.W. Kanter, M. Tsai & R.J. Kohlenberg (eds.), The practice of Functional Analytic Psychotherapy (pp. 205 – 224). New York: Springer.

REFERENCES
