



**FUNDAMENTALS AND CLINICAL APPLICATIONS OF FACT.
AN INTERVENTION TO ADDRESS HUMAN SUFFERING THROUGH
CONTEXTUAL THERAPIES.**

Juan José Macías Morón y Luis Valero Aguayo
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Rafael Ferro García
Centro de Psicología Clínica C.E.D.I. Granada

This book presents in a simple and precise way a novel intervention that combines two of the most representative third generation therapies, functional analytic psychotherapy (FAP) and acceptance and commitment therapy (ACT). Both therapies are philosophically based on functional contextualism, they share the mechanisms underlying therapeutic change that are based on the laws of learning, and both have experimental support that demonstrates their evidence. This combination has been called FACT (Functional-Analytic Acceptance and Commitment Therapy). Although it was proposed some time ago (Callaghan et al., 2004), until now no book covering these contents had been published, and in this sense this contribution is considered novel. Moreover, as Marino Pérez Álvarez indicates in the prologue, FACT itself is innovative within a number of therapies that are already innovative. It has been established as a brief and effective system to improve people's quality of life through research and reviews. This form of intervention is based on the principles of learning, functional analysis, and the therapeutic relationship as the context where change occurs.

This book could be divided into three sections or parts. The first section would be introductory and would group together chapters 1 to 8. The first four chapters explain what psychological discomfort and human suffering consist of, they philosophically and functionally dismantle the syndromic classification systems, together with the biomedical model of psychopathology, and propose as an alternative the functional dimension of psychological inflexibility and experiential avoidance. The next two chapters provide a didactic exposition of the philosophical basis of functional contextualism, and a description of relational frame theory. Chapter 7 deals with the simple presentation of ACT, its principles, its core processes, and the abundant evidence for this therapy. Chapter 8 presents the characteristics of FAP, the therapeutic relationship as a mechanism for change, the importance of history and the self in psychological problems, and its effectiveness in different contexts and conditions. In a second section, FACT is presented in chapters 9, 10, and 11, where the integration of the two therapies and the characteristics and processes of FACT are discussed, and its applications are reviewed. In the last section, chapter 12 is devoted to an analysis of therapy based on change processes, and FACT itself is given as an example of this, and also functional analysis as one of the basic processes. Chapters 13 and 14 present, respectively, FACT as a therapy based on intimate relationships and human relationships. Chapters 15 and 16 describe examples of cases with actual dialogues and shaping from the therapists themselves. The last chapter courageously contemplates the future of psychotherapy and some of the contradictions into which contextual therapies fall.

Correspondence: Rafael Ferro García. Centro de Psicología Clínica C.E.D.I. Avda. de la Constitución 25, 7º Izqda. 18014 Granada. España. E-mail: rferro@cop.es

Process-based therapies are currently very fashionable and, as the authors maintain, could be considered as the fourth wave of behavior therapy. This proposal aims to bring together all processes of change from different theoretical positions (Hayes & Hofmann, 2020), in line with trans-diagnostic interventions. The authors propose FACT as a process-based therapy.

Since its origins, there has been a need for more publications on this therapy and for a reference of this combination in the latest publications on ACT and FAP (Holman et al., 2017; Levin et al 2020) and especially as mentioned before, a manual on FACT, which is something that this book provides.

The reader of this book will find, in a documented and accessible way, an exposition of a brief therapy that is still unknown in this country and that can be considered as a transdiagnostic intervention applied both individually and in groups. It also provides examples of intervention and the skills required to be a good therapist, as well as some practical recommendations for work. Furthermore, and something that is not usually found in these manuals, it includes information indicating that the psychologist is not a superhero, nor infallible, proposing collaboration and support among professionals as an alternative to training and therapeutic supervision.

It is a book written by authors who are experts in these therapies and in FACT, with years of experience in this area. It is more than recommended for any clinician who wants to be up to date and who is interested in a brief and effective form of intervention for psychological problems.

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