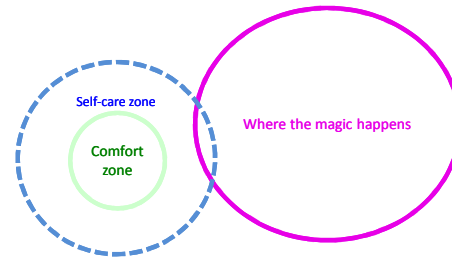


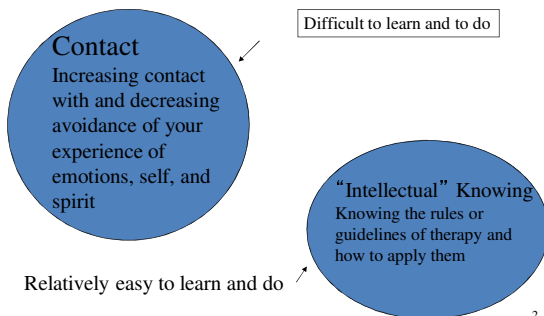
FAP: Using Awareness, Courage & Therapeutic Love in Practice

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3 zones



Two Kinds of Skills that Increase Your Potency as an Agent of Change



CRB: Clinically Relevant Behavior

CRB's occur *in session* and can be addressed on the spot

CRB-1 (Away): Client *problems* occurring in session

CRB-2 (Towards): Client *improvements* that occur in session

What are your CRBs?



What are your CRBs?

FAP is all about noticing your 12 X 12 (CRB1s/"Away" moves) and stepping into your "new and expansive environment" (CRB2s/"Towards" moves) especially in relationships & helping your clients to do the same



- Share with your buddy what this would look like and mean to you & your clients

Mohini was a regal white tiger who lived for many years at the Washington DC National Zoo. For most of those years her home was in the old lion house—a typical twelve-by-twelve-foot cage with iron bars and a cement floor. Mohini spent her days pacing restlessly back and forth in her cramped quarters. Eventually, biologists and staff worked together to create a natural habitat for her. Covering several acres, it had hills, trees, a pond and a variety of vegetation. With excitement and anticipation they released Mohini into her new and expansive environment. But it was too late. The tiger immediately sought refuge in a corner of the compound, where she lived for the remainder of her life. Mohini paced and paced in that corner until an area twelve-by-twelve feet was worn bare of grass.



Perhaps the biggest tragedy in our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns. Entangled in the trance of unworthiness, we grow accustomed to caging ourselves in with self-judgment and anxiety, with restlessness and dissatisfaction. Like Mohini, we grow incapable of accessing the freedom and peace that are our birthright. We may want to love other people without holding back, to feel authentic, to breathe in the beauty around us, to dance and sing. Yet each day we listen to inner voices that keep our life small. Even if we were to win millions of dollars in the lottery or marry the perfect person, as long as we feel not good enough we won't be able to enjoy the possibilities before us. Unlike Mohini, however, we can learn to recognize when we are keeping ourselves trapped by our own beliefs and fears. We can see how we are wasting our precious lives.

Mohini
(Tara Brach)

Five Rules of FAP

- 1. Watch for CRBs (Be Aware)
- 2. Evoke CRBs (Be Courageous)
- 3. Reinforce CRB2s naturally (Be Therapeutically Loving)
- 4. Observe the Potentially Reinforcing Effects of Therapist Behavior in Relation to Client CRBs (Be Aware of One's Impact)
- 5. Provide Functional Analytically Informed Interpretations and Implement Generalization Strategies (Interpret and Generalize)

*FAP's Model of
Awareness, Courage and Love for
Social Connection*

History

- Originally, FAP therapist behavior was organized around 5 FAP "rules", with Rules 1, 2, 3 and 4 receiving the most attention.
 - Some, however, felt that defining FAP in these purely functional terms made it hard to understand, train and disseminate...and research.

Rule	Description
1	Be aware of (observe) CRBs
2	Evoke CRBs
3	Reinforce CRBs
4	Observe your reinforcing effect on the client

History

- Awareness, courage and love in FAP represent new ideas with respect to how we think about both **therapist** and **client** behavior in FAP.
- First, brief discussion of therapist behavior:

History

- Therefore, recently, we have been exploring the use of "middle-level" terms (as per functional contextualism) to make FAP easier to understand, train, and disseminate:

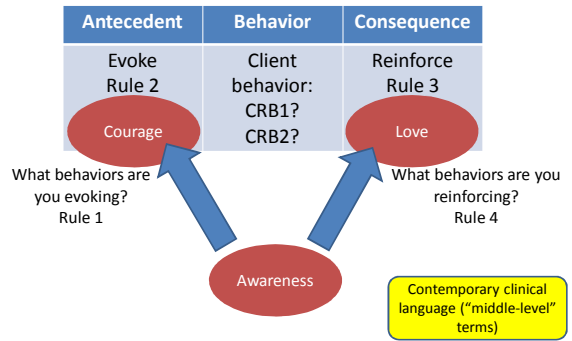
Rule	Description	Middle Level Term
1	Be aware of (observe) CRBs	Awareness
2	Evoke CRBs	Courage
3	Reinforce CRBs	Love
4	Observe your reinforcing effect on the client	Awareness

History

- The use of “middle-level” terms is somewhat controversial. Our decision to use them is strategic, and we explain it somewhat in Kanter, Holman, & Wilson (in press).

Rule	Description	Middle Level Term
1	Be aware of (observe) CRBs	Awareness
2	Evoke CRBs	Courage
3	Reinforce CRBs	Love
4	Observe your reinforcing effect on the client	Awareness

FAP brings the process of shaping operant behavior under therapeutic control:



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Original behavioral principles and FAP Rules


Antecedent	Behavior	Consequence
Evoke Rule 2	Client behavior: CRB1? CRB2?	Reinforce Rule 3

What behaviors are you evoking?
Rule 1

What behaviors are you reinforcing?
Rule 4

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- Rule 5: Generalization

 **FAP's Rules and ACL**

FAP's Rule 2
 • Take strategic actions to prompt and evoke your clients' improved behaviors even if you are uncomfortable, avoidant, scared

Awareness

Courage

Love

FAP's Rule 1 and Rule 4
 • Discriminate the functions of your clients' behaviors and your reactions to the behavior
 • Discriminate the reinforcing and punishing functions of your behaviors on your clients

FAP's Rule 3
 • Provide feedback; be naturally reinforcing of your clients' actions when they represent important improvements in their lives

Are you exquisitely aware of what is happening with you and your client in this moment?

Awareness

Courage

Love

Are you willing to take risks in the service of your client's growth in this moment?

Are you able to be truly loving toward your client in this moment?

FAP is

Awareness the in-session identification of,

Courage evocation of,

Love and responding with contingent reinforcement

to client behaviors with the goal of generalizing those behaviors to the client's outside life.

History

- Ok, that was therapist behavior. Now let's discuss client behavior.
- Traditionally, FAP has defined CRBs as the targets of therapy, without specifying what the CRBs are, thereby allowing them to be ideographically defined by the client and the therapist.
 - Some, however, felt that defining FAP in these purely functional terms made it hard to understand, train and disseminate...and research.

History

- Because a frequent target of FAP is intimacy and social connection, we have started building a model of awareness, courage, and love, not just for therapist behavior, but for the repertoires we want to build in clients as well.
- Essentially, the model has two simple elements:
 - Social connection is fundamental to human health and functioning
 - Acting with awareness, courage and love in relationships will maximize strong, positive social connections
- This model is essentially built off of what we found to be successful and important with FAP therapists.

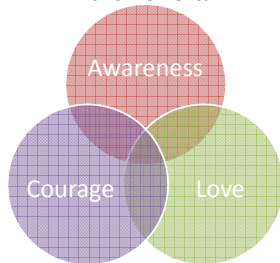
History

- Awareness, courage and love (ACL) do not replace the notion of CRBs in FAP. CRBs are still central. You may think of ACL as specific classes of CRBs that may be relevant to some clients for whom improving social connection is a goal.

	CRB1	CRB2
Awareness	Distracted, ruminating, not attending to others, not knowing what I'm feeling	Non-judgmental, mindful expansive awareness of self, others, context
Courage	Impulsive, quiet/withdrawn, avoidant	Genuine, engaged, speaking from my heart, value-driven, willing
Love	Self-focused, unempathic, careless, withholding	Empathic, loving, courageous, willing, attuned

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Are you exquisitely aware of what is happening with you and your partner in this moment?



Are you willing to take risks in the service of what truly matters in this moment?

Are you able to be truly loving in response to your partner's, and your own, risks?

History

- Ultimately, the model of awareness, courage, and love (ACL) we are building incorporates ACL with respect to both oneself and the other person in a relational interaction, and this relational interaction can include therapy relationships.
- So you can look at it as having 6 subscales in a 2 X 3 grid:

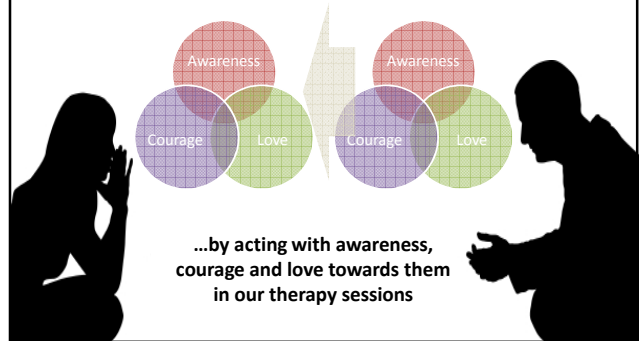
	Awareness	Courage	Love
Self			
Other			

History

- Ultimately, the model of awareness, courage, and love (ACL) we are building incorporates ACL with respect to both oneself and the other person in a relational interaction, and this relational interaction can include therapy relationships.
- So you can look at it as having 6 subscales in a 2 X 3 grid:

	Awareness	Courage	Love
Self		Rule 2	
Other	Rule 1, 4		Rule 3

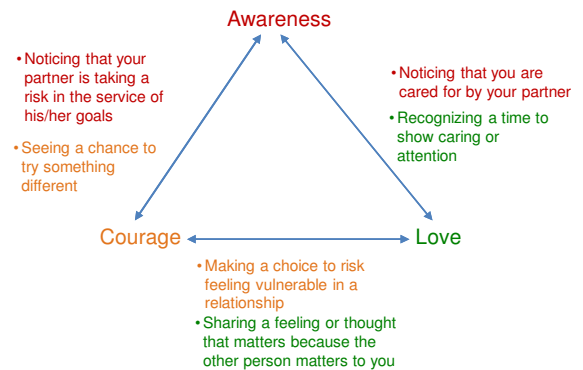
In FAP, we shape awareness, courage, and love in our clients...

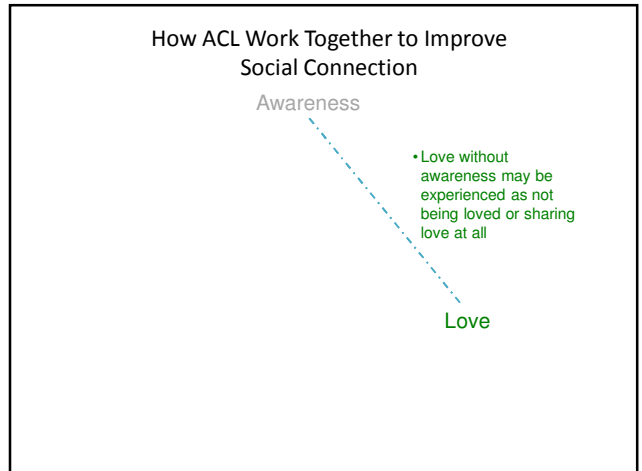
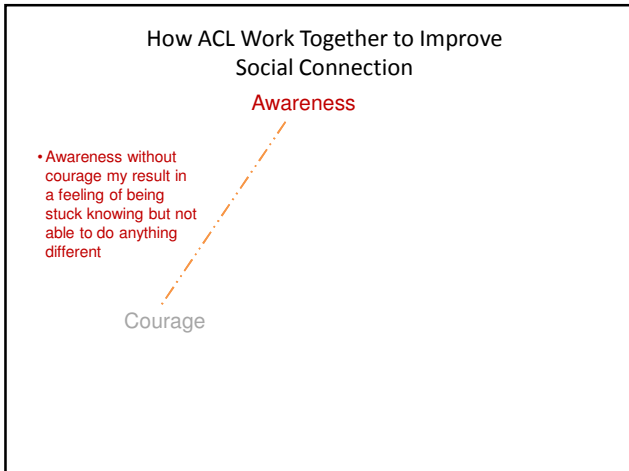
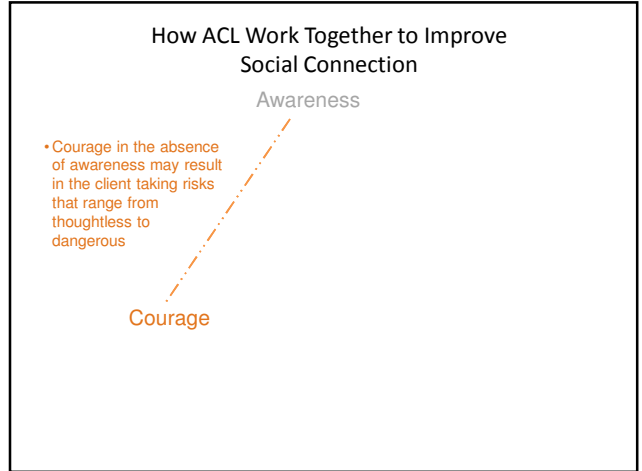
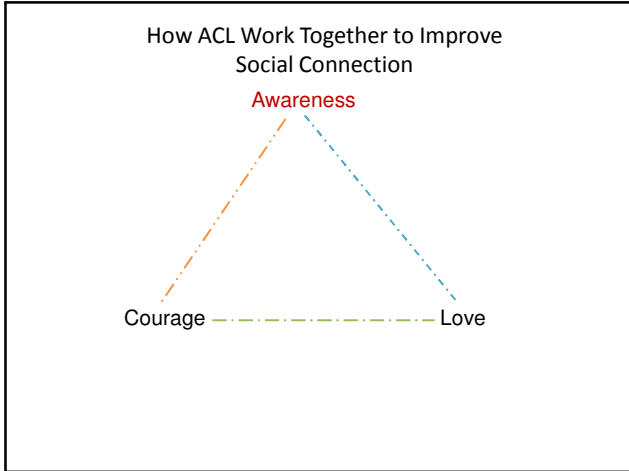


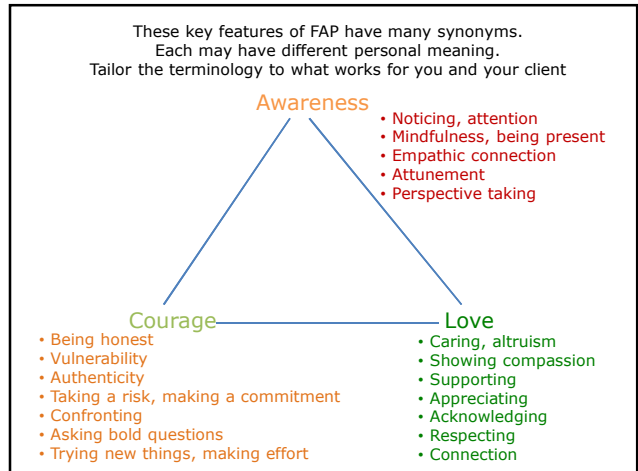
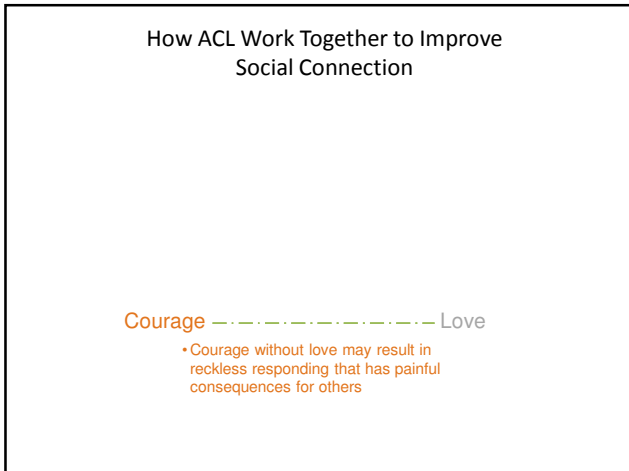
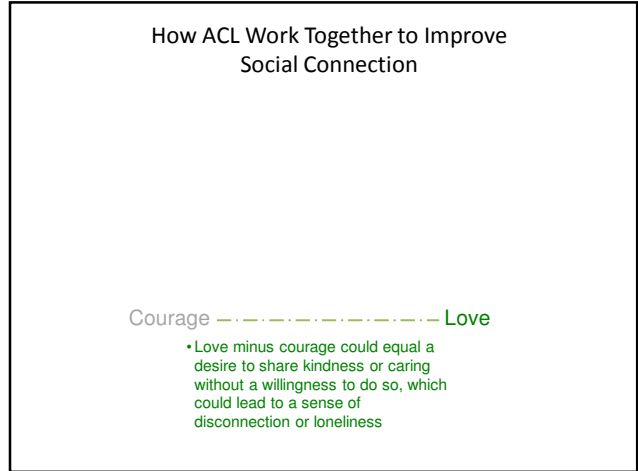
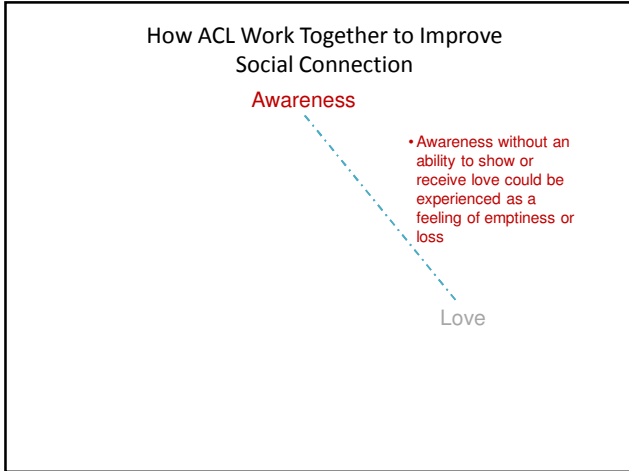
History

- I like to think of these 6 subscales as potentially producing a profile plot like an MMPI. The idea is that different profiles of awareness, courage, and love are needed in different contexts and situations.
- For example, with my father, I need a lot of awareness, and love, but with my sister, I need more courage. Some people may be too courageous but not loving enough, or perhaps too courageous at work but not loving enough, for others it may be the opposite.

How ACL Work Together to Improve Social Connection

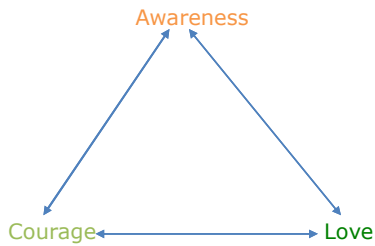






FAP asks

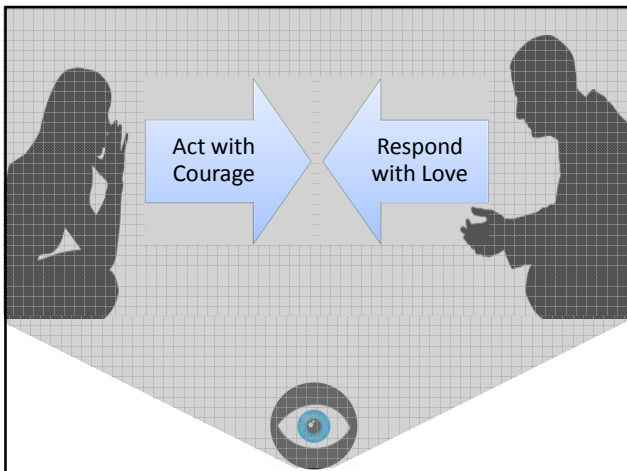
Can we be **present to our own life and our values** and **live with the courage to try new, bold things in an effort to share and experience profound emotions of caring, compassion and love** with others in the service of a rich and full life?



We ask this of ourselves in doing therapy, of the clients we work with, and of ourselves in our own personal lives.

Important definitional issues with middle-level terms

- Use of terms should facilitate, not replace, functional thinking
- Terms should orient toward key features of an important functional dimension
- Terms should be tailored to individual
 - Most behaviors have 1 and 2 elements
 - Use client's language
- Terms should be tailored to context
- One should be open to possibility that terms do not apply in a given case or situation



What is FAP's mechanism of action? What is the relation between ACL and FAP's mechanism of action?

- Use of terms like ACL, and use of various evocative FAP exercises, must be grounded in an understanding of function and context and tailored to each individual.
- A high priority is scientific evaluation of FAP efficacy, effectiveness, and mechanism of action.

Courage Questions

- Tell something you like about someone in the room. Be very honest saying things that you might not usually say.
- What do you really not want anyone to know about you?
- Complete this sentence: "I wish I had someone with whom I could share..."
- Share something about yourself you loved as a child but have developed shame about.
- When did you last cry in front of another person? By yourself?
- If you were to die this evening, what would you most regret not having told someone? Why haven't you told them yet?
- Tell about something or someone you have lost in your life.
- Tell a significant emotional event from your life.

Other Closeness Generating Questions

- Is there something that you've dreamed of doing for a long time? Why haven't you done it?
- What is the greatest accomplishment of your life so far?
- Can you name three things you notice that you and I have in common?
- What roles do love and affection play in your life?
- How does it feel to be answering these questions from me so far? Please be honest about both positive and negative feelings?
- Share an embarrassing moment in your life.
- If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?

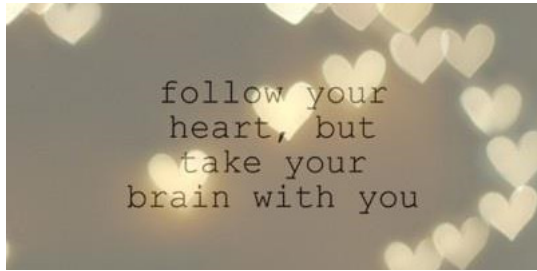
Other Closeness Generating Questions

- Would you like to be famous? In what way?
- What would constitute a "perfect day" for you?
- For what in your life do you feel most grateful?
- If you could wake up tomorrow having gained any one quality or ability, what would it be?
- Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- Given the choice of any famous person in the world (alive or dead), who would you want as a dinner guest and why?

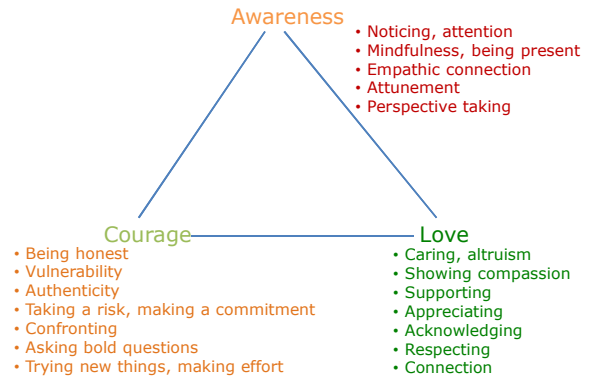
Other Closeness Generating Questions

- Of all the people in your family, whose death would most affect you? Why?
- What has been the greatest loss in your life? How did this loss make you feel?
- What your least favorite quality about yourself?
- If you had to sacrifice your own life for one person, who would you choose and why?
- What is the cruelest thing you have ever done to someone?
- Tell me something you like about how I've been interacting with you. Make it something you would not normally say to someone you have just met.
- When you are sad or hurt or alone how do you talk to yourself about your feelings (i.e.: "I just need to get over it." "It's okay to feel sad right now.")?

FAP Real-Play



Can you see Awareness, Courage & Therapeutic Love in Practice?



Box Questions

•Box A

- What would constitute a "perfect day" for you?
- What is one of the things in your life you feel grateful for?
- If you could wake up tomorrow having gained any one quality or ability, what would it be?

•Box B

- If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
- How close and warm is your family? Do you feel your childhood was happier than most other people or not?

- What roles do love and affection play in your life?

•Box C

- Share an embarrassing or shameful moment in your life.
- Tell me about something or someone you have lost in your life
- Tell me about a fear that holds you back and stops you from being the person you would like to be. What would it look like if you were no longer hooked by that fear and could do what was important to you even when the fear is there?

An Opportunity to rise and fall...

