

# Working to Improve your Functional Analysis Skills

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# Disclosures

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- German Teti works as a psychiatrist and psychotherapist specialized in ACT, FAP and DBT in the Argentinian Center for Contextual Therapies Foundation (CATC) and in the Braulio Moyano public mental health hospital, in Buenos Aires. In addition to this, he devotes time to his private practice. Also, he trains other professionals in CATC Foundation.
- Juan Pablo Coletti Works as a psychologist specialized in ACT and FAP in the Argentinian Center for Contextual Therapies Foundation (CATC). He is FAP Trainer for the University of Washington. In addition to this, he devotes time to his private practice. Also, he trains other professionals in CATC Foundation.

# Disease Model vs CBS Model

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- Disease model: the clinical problems are viewed as symptoms of some underlying entities, the disease
- CBS: clinical problems are viewed in relation to some part of the context



# Functional Analysis

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- From a CBS perspective, three main categories of psychological problems can occur:
- Avoidance and escape
- Approach
- Lack of actions

# Evidence and Experience

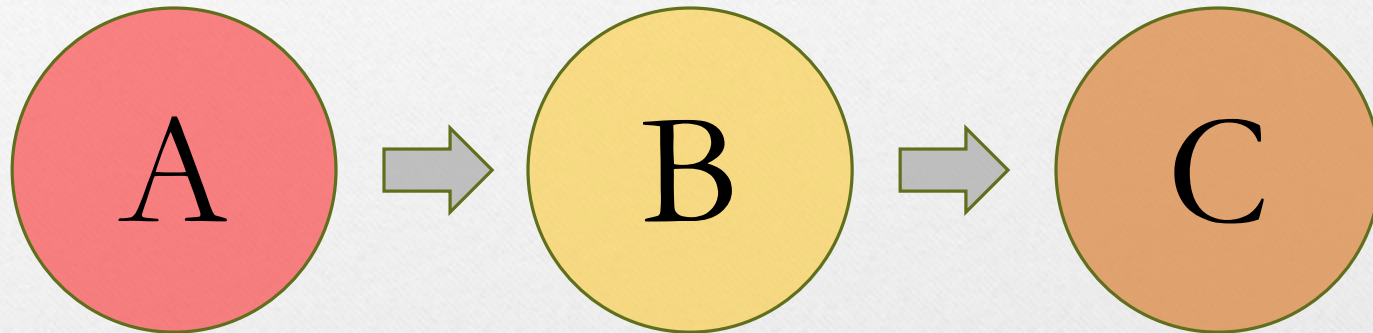
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- Hurl, K., Wightman, J., Virues-Ortega, J. & Haynes, S.N. (2016). Does a pre-intervention functional assessment increase intervention effectiveness? A meta-analysis of within-subject interrupted time-series studies, *Clinical Psychology Review*.
- Linehan, M.M. (2016). Behavior Therapy: Where We Were, Where We Are and Where We Need to Be Going, Cognitive and Behavioral Practice



# Functional Analysis and the Three-Term contingency (ABC)

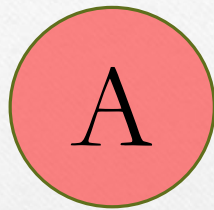
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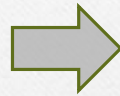
# Three-term contingency ABC

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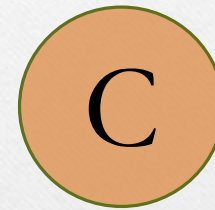


¿when does or In what situation does the person do it?

In the presence of what does the person do it?



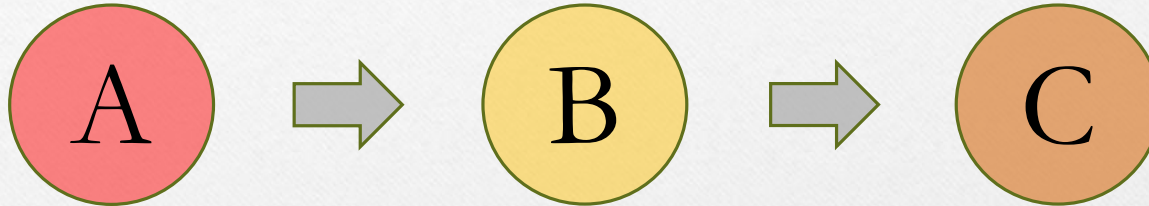
What is the person doing?



What happens after the person does it?

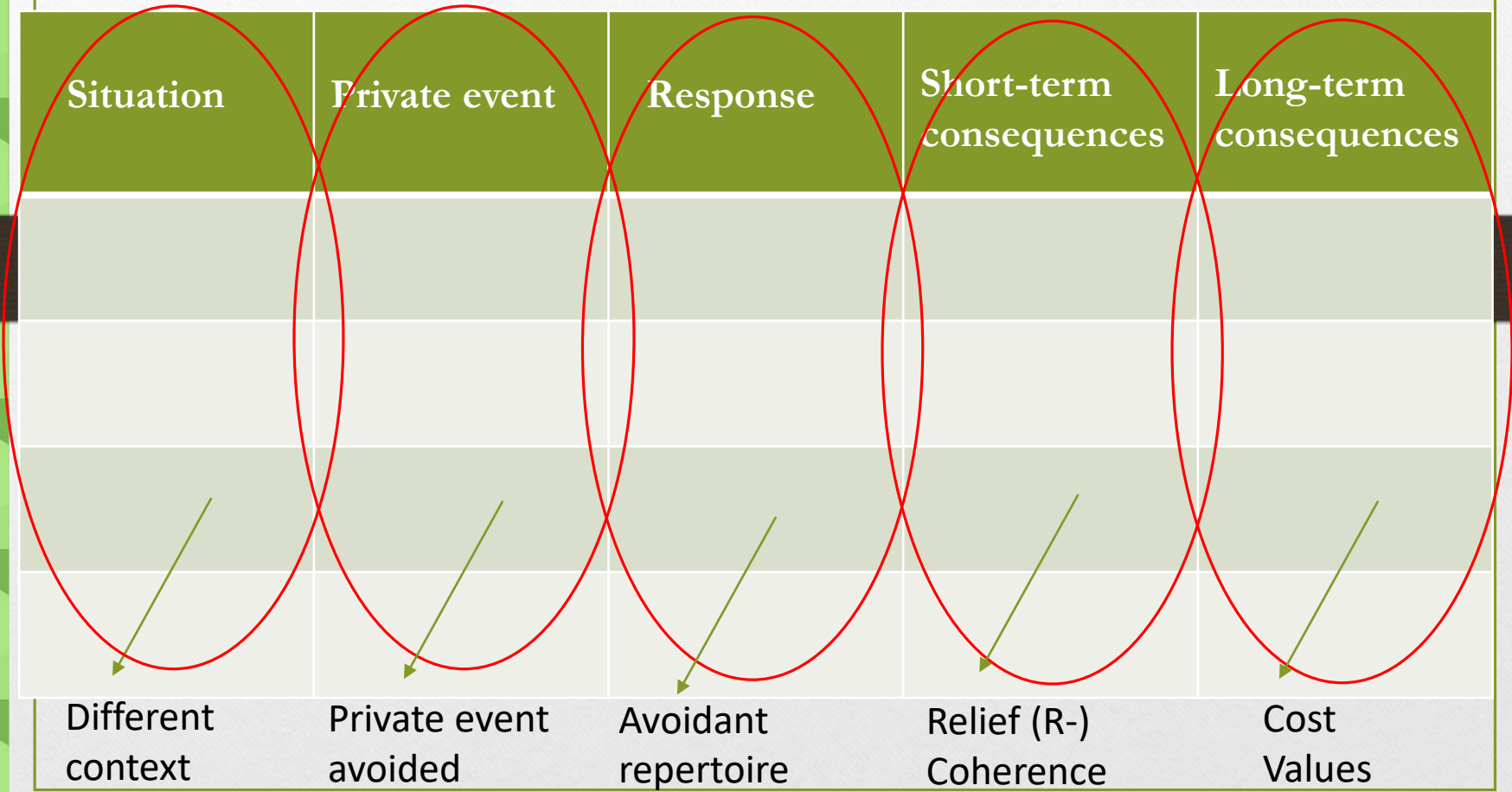
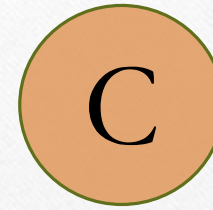
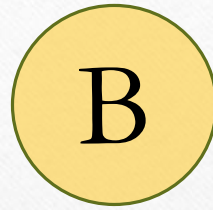
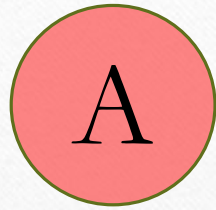
what events follow upon doing it?

# Five-column FA



Situation	Private event	Response	Short-term consequences	Long-term consequences





Situation	Private event	Response	Short-term consequence	Long-term consequence
At home with my wife, she talks to me badly	Anger, underestimates me and wants to dominate me	I scream, I insult, I defend myself, I hit a door	I defend myself, "I will not let myself dominate"	Distance of the couple Sensation of loneliness
At home watching TV	Memory of abortion, anguish, sadness, guilt	I go to bed, I turn off the TV, I drink a glass of wine	I stop thinking about what makes me wrong	Do not enjoy disconnected from the world
Alone in my house	I do not know what I want, anguish, insecurity	Turn on the playstation and start to masturbate	I forget what bothers me	I do not make choices in my life, always the same
Walking down the street, on the way to work	And if something happened to my daughter ?, worry, fear	I call her to see how she is	He answers me and I relax	Worry comes back and what only do is think about it

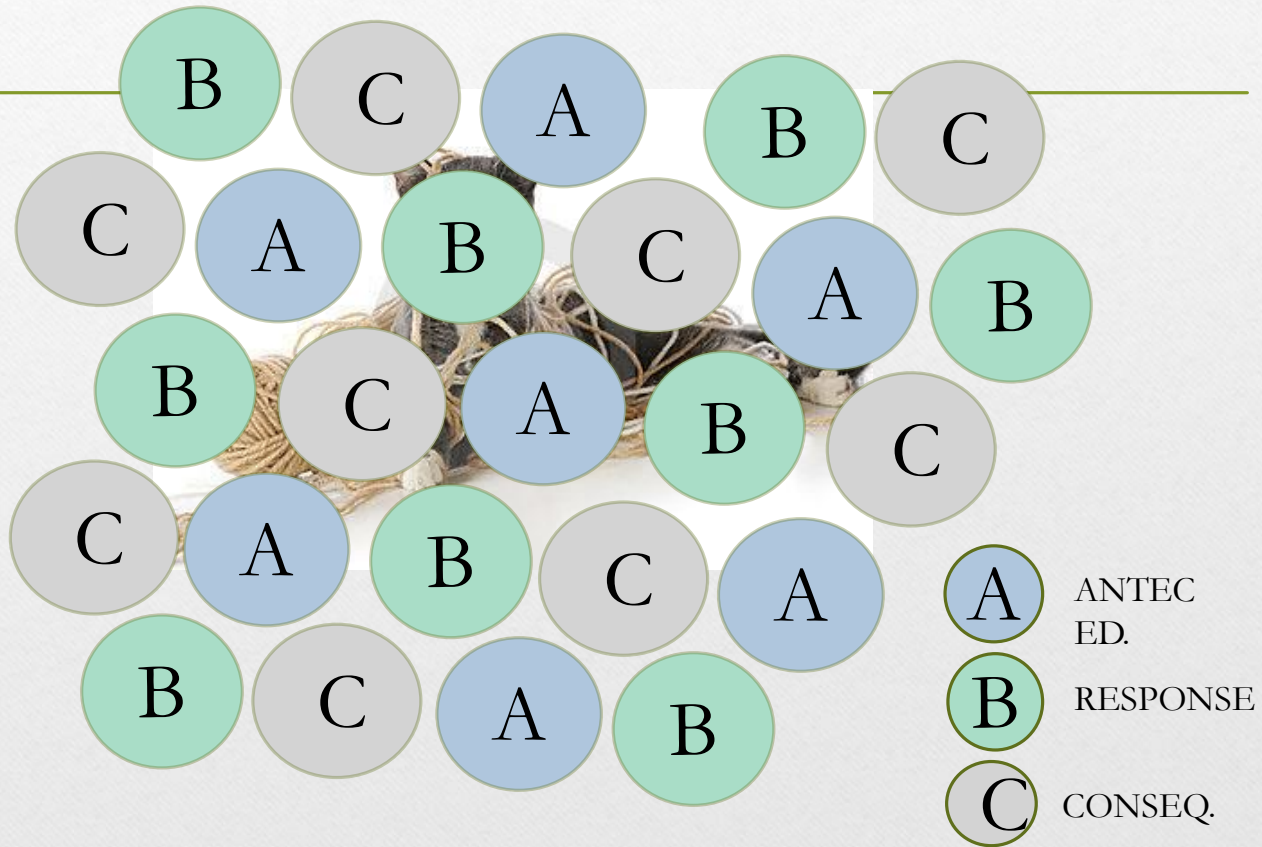
The consultant **doesn't** have  
functional **analysis** skills

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- And...
- How **does** the consultant present the information when they come to therapy?

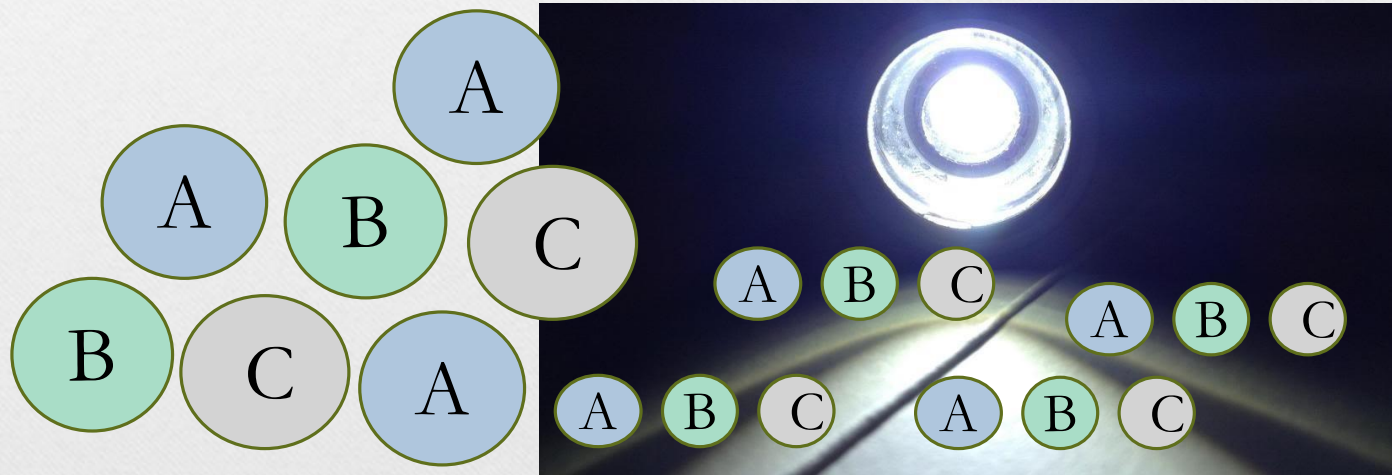


In fact, patient comes...



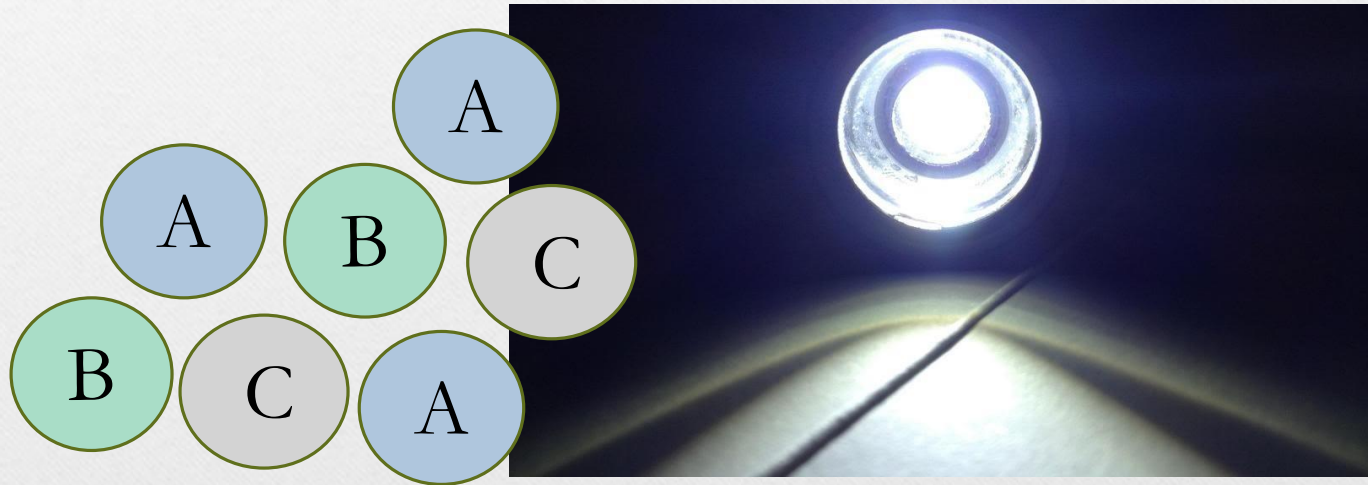
# Functional Analysis as Intervention

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Enlightening what the patient is  
saying in a functional way

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From our point of view, one of the  
keys is...

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Know what you are asking...

Have a broad repertoire to ask

Be sensitive to what the patient is saying  
and clarify the antecedents behavior and  
**consequences**

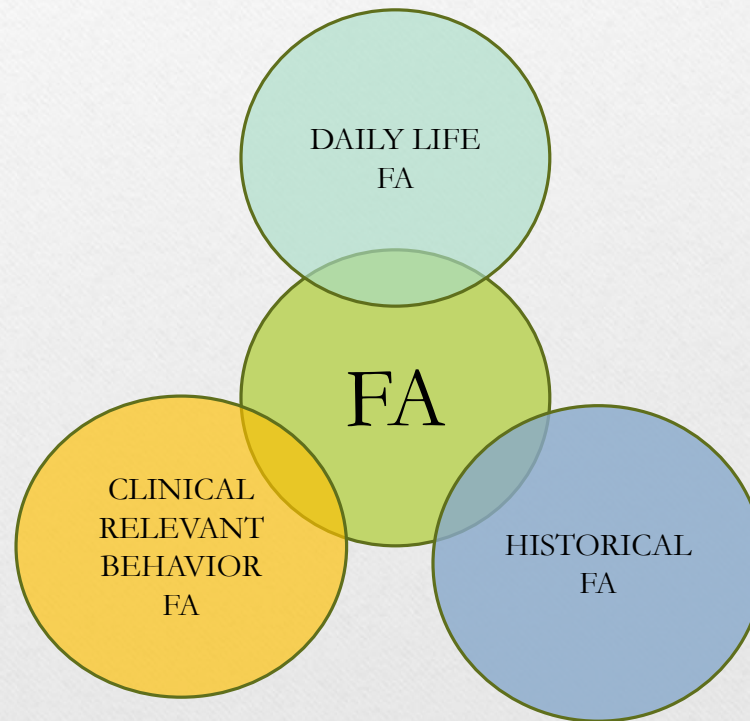
# Different FA dimensions

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- Daily life situations
- Clinical relevant behaviors
- Historical functional analysis

# Building a broad functional map of the problem

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# What can we do to face struggles?

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- Perspective taking
- What **would I do if I were the creative therapist I would like to be?**

# Exercise n° 1

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# Therapist skills



# Help the client discriminate and label the private events

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# Sometimes the client have difficulties to naming the experience....

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- We need to train the patient to name his or her experience.
- Labeling the experience, is a thought, is an emotion, is an image?, is an implulse?

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Ways to ask about the  
antecedents...



# Explore the solution attempts

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Ways to ask about the  
**responses...**

Track the consequences of the avoidant behavior by emphasizing the losses and limitations

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# Ways to ask about the **consequences**

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How can you check about the **consequences** (positive or negative reinforcement)?

When you do X, Does the X (emotion) increase, decrease or is it the same?

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Ways to ask about the  
**consequences...**

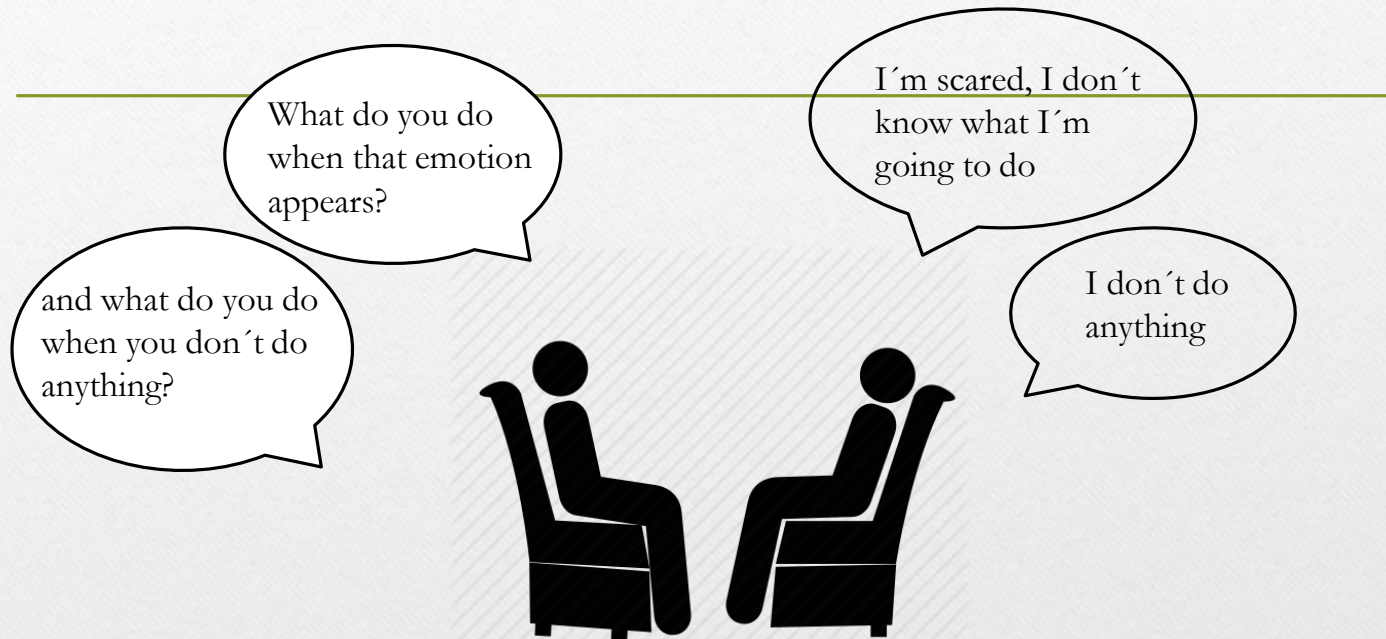
# Exercise n° 2

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LET'S PUT IT ALL  
TOGETHER



# Difficulties and how to get around



Ask again the topography

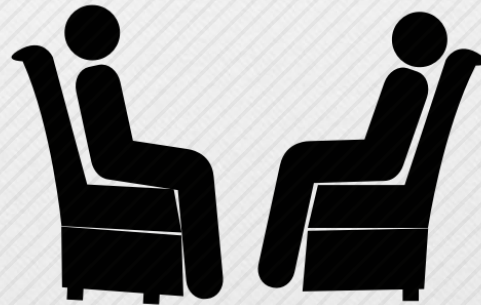
# Difficulties and how to get around (option A)

What do you exactly think about when fear and the thought "*I don't know what I'm going to do*" show up

I think about it, but I feel worse

What do you feel when you think of alternatives?

I think of alternatives, what is the most suitable thing to do?



Tracking contingencies

# Difficulties and how to get around (Option A)

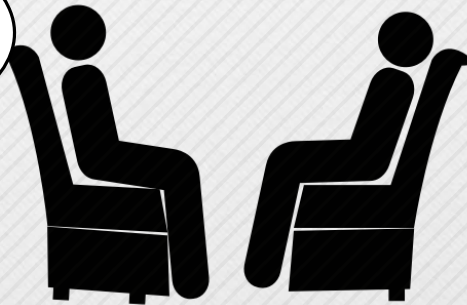
How do you feel looking at yourself “taking action on the matter”

mmm...At least I'm taking action on the matter

And what happens with the fear and the thought “I don't know what I'm going to do” when you feel that you are taking care?

I feel good, I feel I'm taking care

I feel calmer



Tracking contingencies through perspective taking



# Difficulties and how to get around (Option B)



Ask again the topography

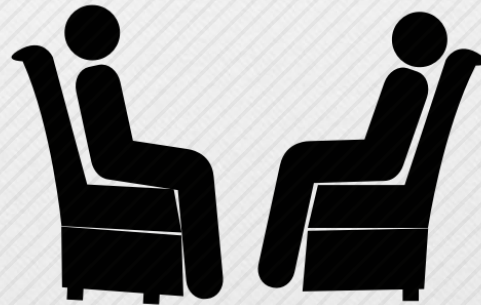
# Difficulties and how to get around (option B)

Imagine you couldn't think of your alternatives when fear showed up, what would happen with the fear, would it increase, diminish or be the same?

I think about it, but I feel worse

I think it would increase

Could we think that thinking of alternatives is the way you find to restrain the fear



Remove probable avoidant response

Functional interpretation



Thank you!!

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