



The Science of Arts in Functional Analytic Psychotherapy (FAP)

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Story Writing & Word Repetition Game: A Vehicle for Enhancing FAP



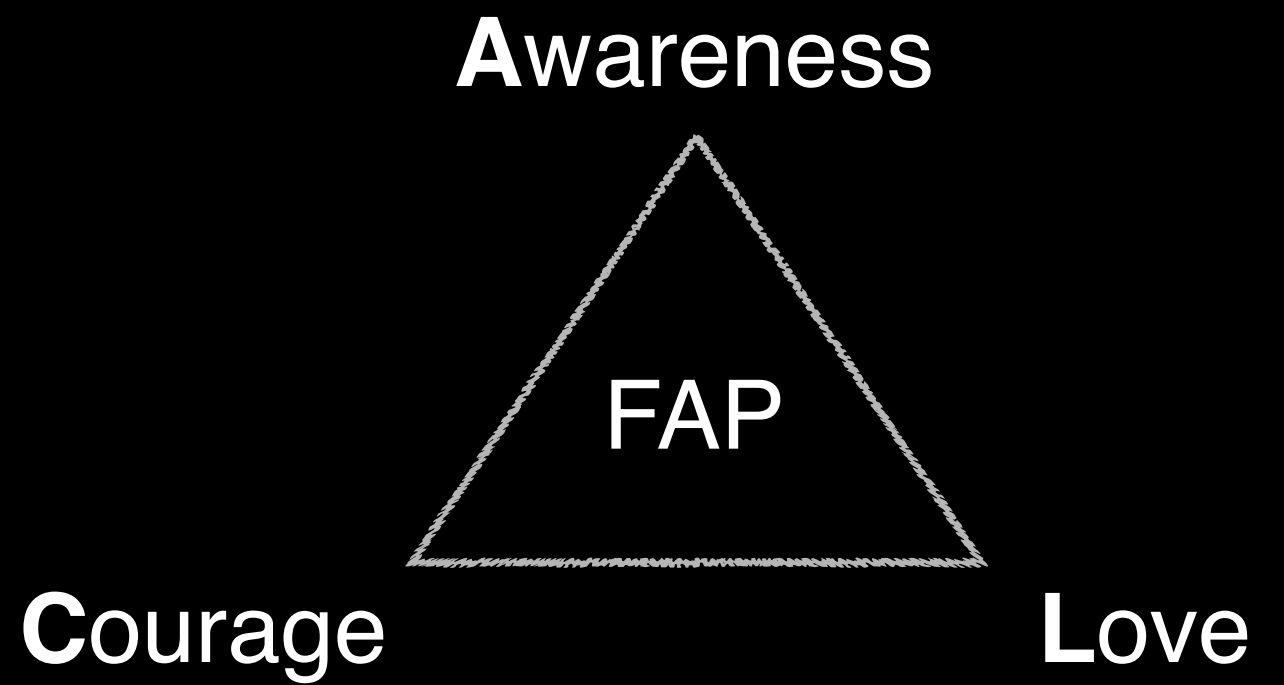


Let's embark on this journey



What is the way?

1. Watch for CRBs
2. Evoke CRBs
3. Reinforce CRB2s
4. Notice your effect
5. Give interpretations & support generalization



Distinct Parallels Between FAP and Acting (concentration on The Meisner Technique)

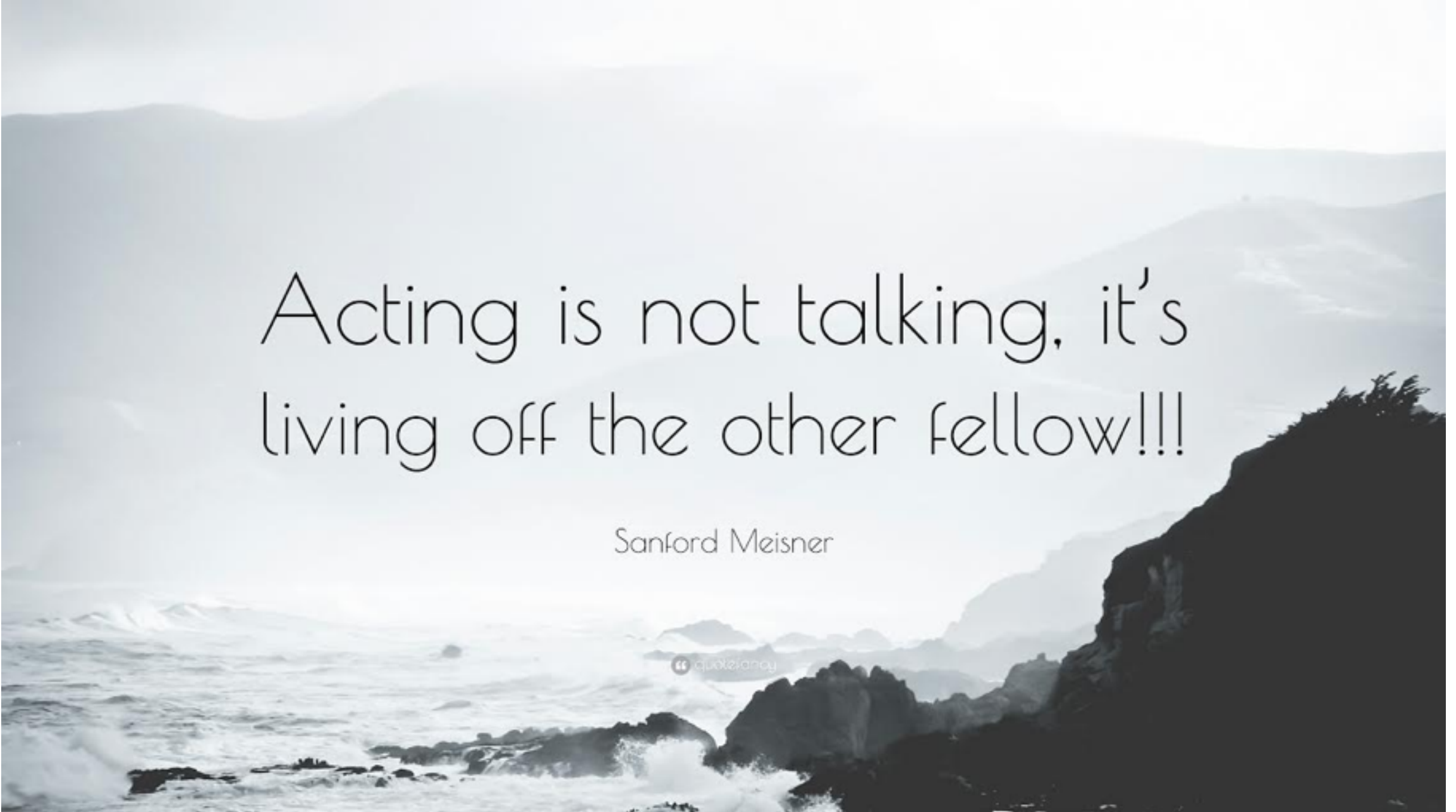
- FAP has its foundations in Radical Behaviorism which looks at the root of behavior (Kohlenberg, Tsai 2007)
- An actor's job is to look at behavior and respond contingently to what is happening in the moment



There's no such thing as nothing.

— Sanford Meisner —

AZ QUOTES



Acting is not talking, it's
living off the other fellow!!!

Sanford Meisner

“ quotezoo.com ”

- The Meisner technique emphasizes external responses that are contingent on the other actor or the environment and its circumstances. It is learning to be in the moment with what, Sanford Meisner calls, “the reality of doing”.
- Meisner emphasized responding truthfully to what you get from your partner.
- FAP emphasizes the role of contingent responding reinforcement as a way to foster change. (Follette , Naugle& Callaghan, 1996)
- Responding to the others behavior allows for moment to moment interaction which shapes flexible perspective taking and fosters empathic responses



- As an actor, in order to be believable and authentic, “one has to behave truthfully under imaginary circumstances” (Sanford Meisner 1987)
- The environment in the therapy room, often for our clients, is very different from what they encounter in their everyday lives
- Therapeutically it is parallel. When behavior is shaped in the moment the more it will be generalized overtime
- FAP intervention looks to identify CRB and evoke CRB2. The Meisner Technique involves a series of exercises that build upon each other and can assist in forging connection as well as discriminating CRB

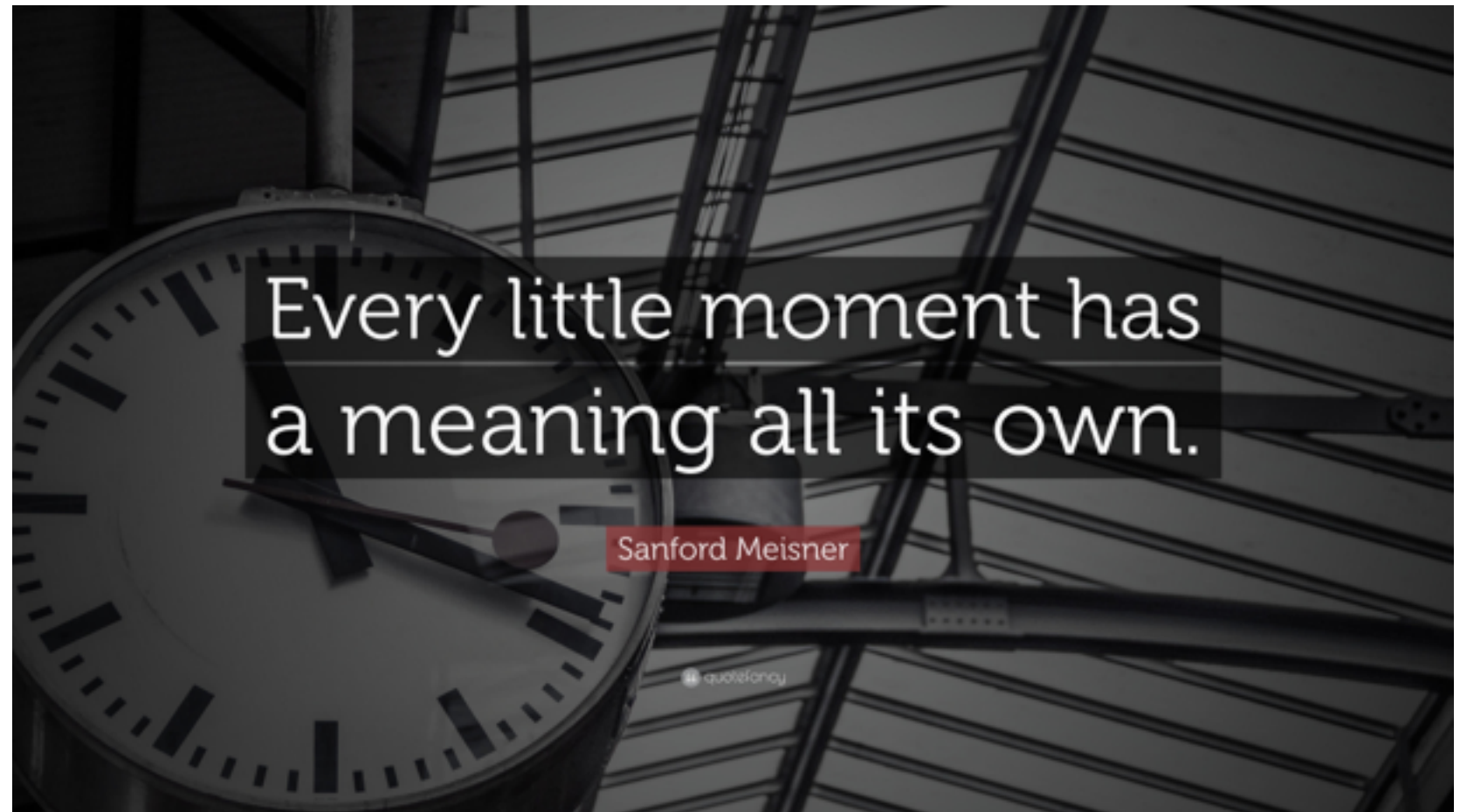


The Word Repetition Game

- The first in this series is the word repetition game
- In a very immediate way the word repetition game can prompt perspective taking while responding to contingencies that show up in the moment and consequently reinforce CRB2



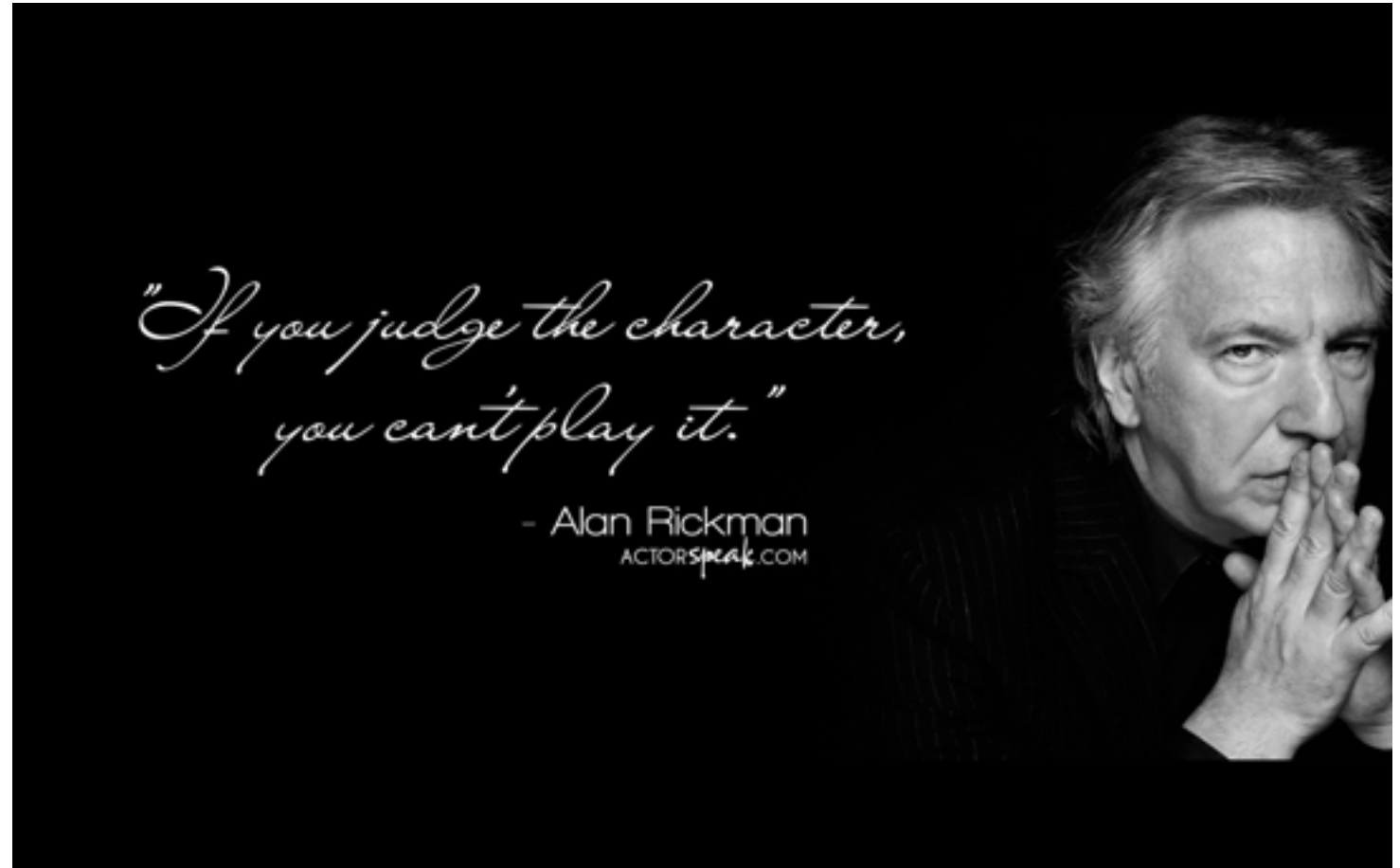
- The Word Repetition Game (Repetition) is an “exercise designed to eliminate all intellectuality from the actor’s instrument and to make him a spontaneous responder to where he is, what is happening to him, what is being done to him.” (About Sanford Meisner, American Masters PBS 2001)
- Clinically speaking there is a mindful connection with the person sitting in front of you. It is not a cognitive process it is being in the moment and responding from what you notice about the other



The Word Repetition Game

2 Steps:

1. Mechanical repetition
2. Point of view













Function of the stories
according to the ACL model

Awareness

- Therapists need to be aware of the cues, to spot CRB1s and 2s so that to write a story
- Present the story as a case con (story: “The Rose”)
- Clients gain awareness and obtain psychological flexibility: they can see their struggles, focus on their strengths and think of a “solution” to their problem by taking perspective



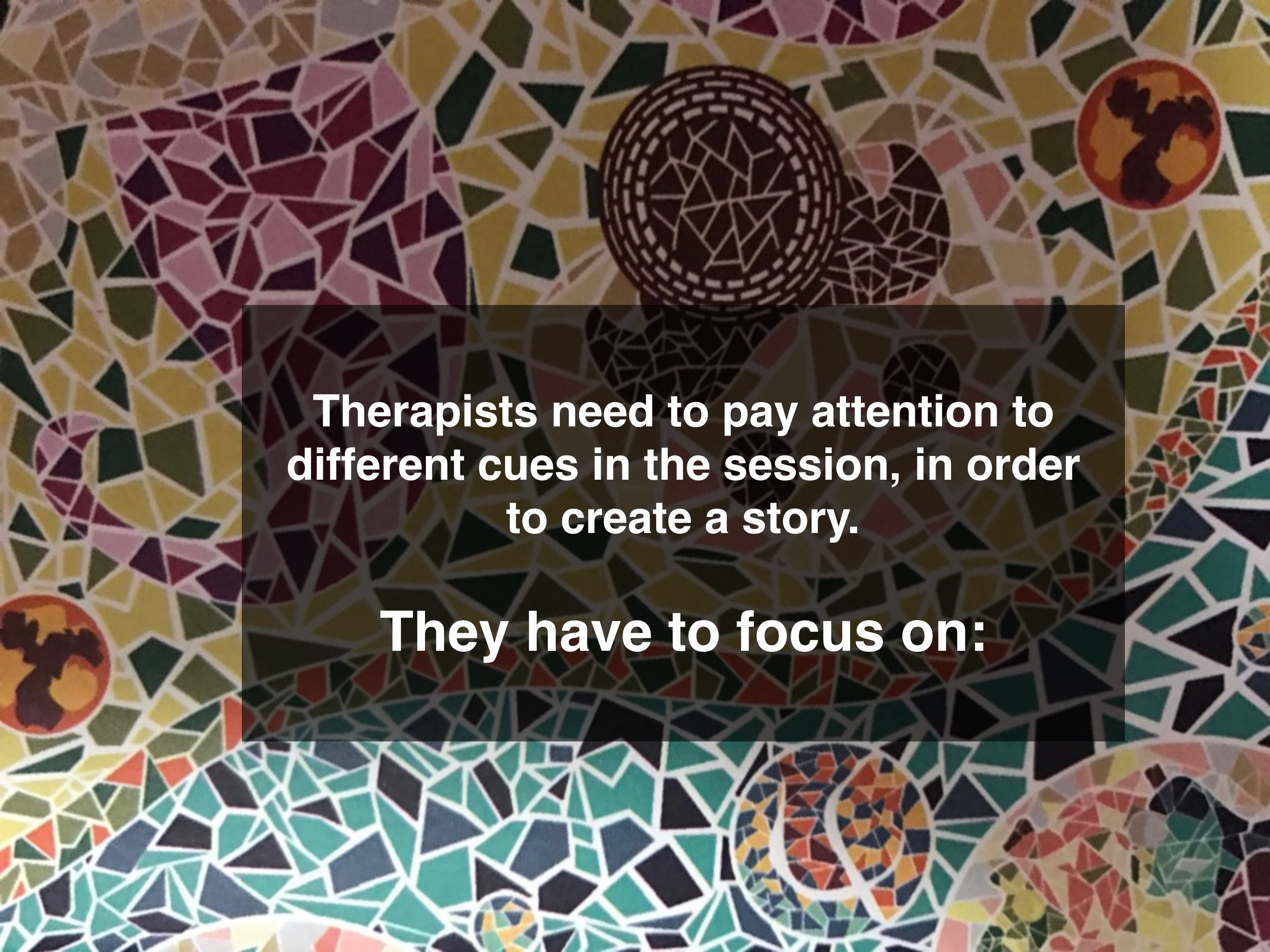
Courage

Reading the story in session:
an evocative process for both client and therapist

- Giving feedback about the progress in therapy (story: “Cracked heel”)
- Motivating clients to change: I ask my clients to keep on writing the story or giving their end
- Saying goodbye in therapy
- Clients are reinforced to choose what to do with their story: decision making is empowered. Some of them want to read it to their partners, others want to keep it as a reminder to themselves for difficult moments.

Love

- The story is a “gift” to the clients deepening the therapeutic connection and expressing love
- Clients get more creative. This function can be generalized to behaviors and relationships outside therapy. Creativity is not only a tool for problem solving. It can reinforce intimacy in sexual relationships, friendships and parents-children interactions. It gives people permission to be playful and to use their imagination in daily life
- Expressing gratitude (story: “Telefaces” at the online FAP group level I)



Therapists need to pay attention to different cues in the session, in order to create a story.

They have to focus on:

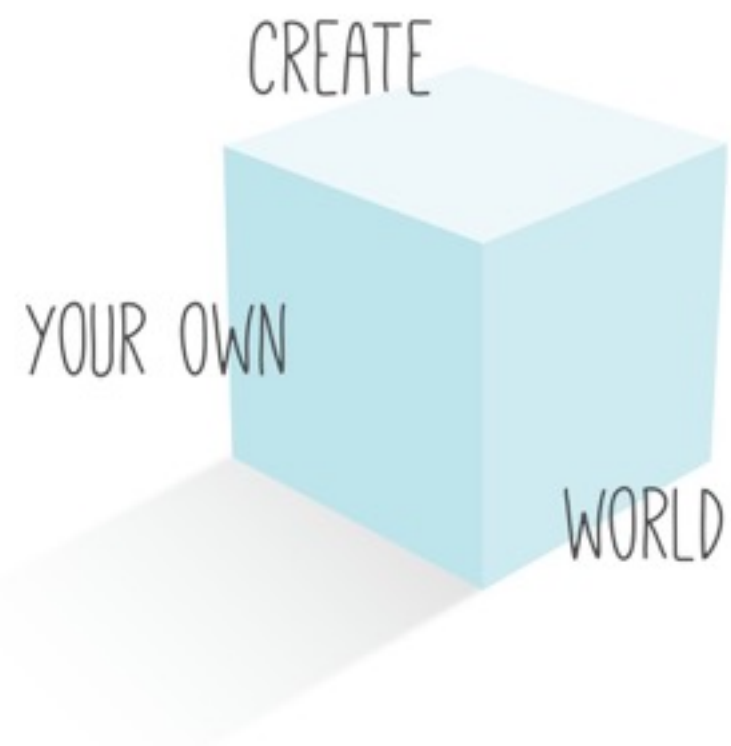


Keywords in the session:

- Words the clients repeat: “It is my fault”, “I should have known”
- Body language

Keywords in life story





Past experiences I:

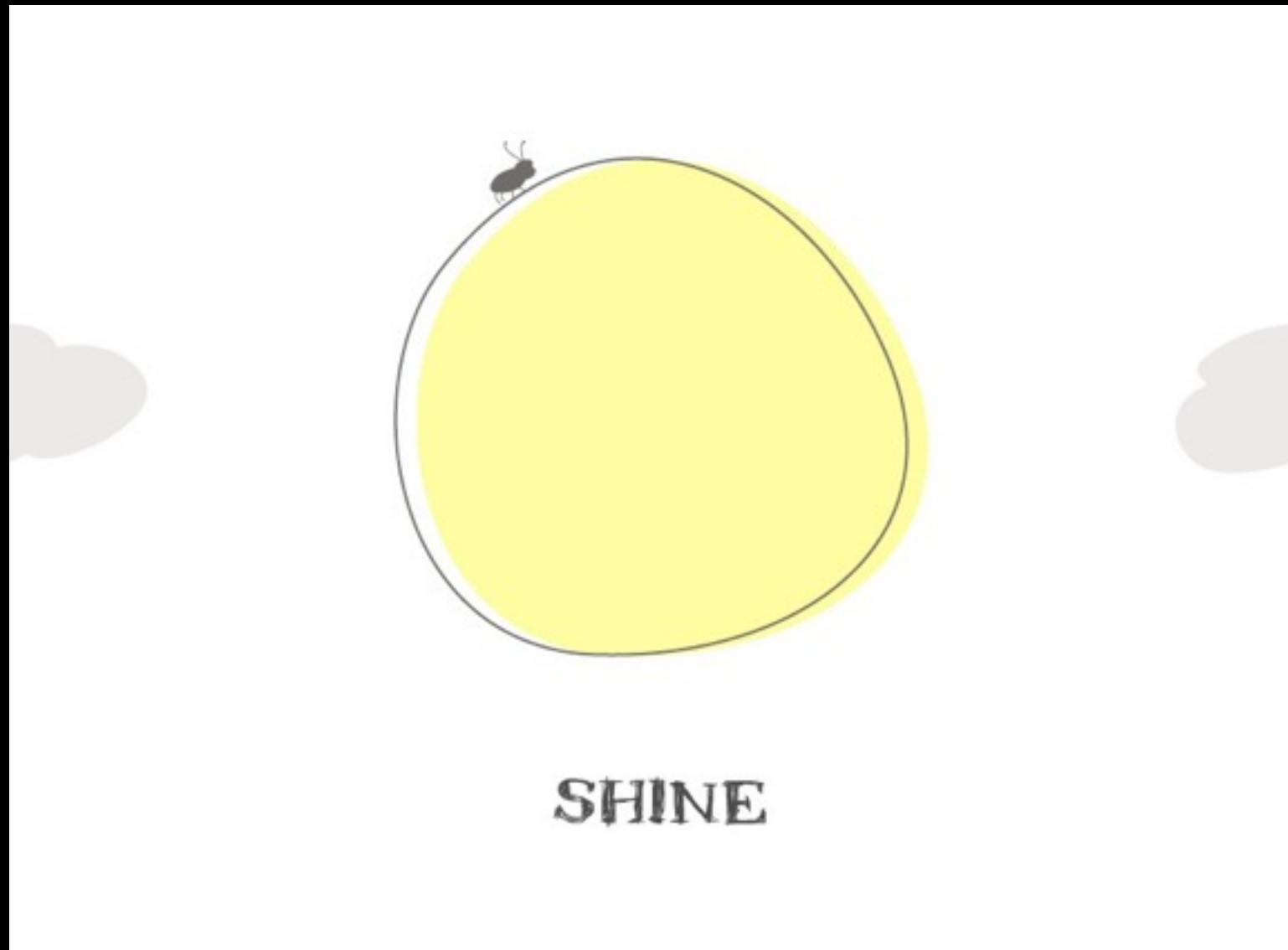
a client grew up with 4 more siblings. The house was always crowded and she escaped to a small room, in order to find quiet and to avoid tension. I wrote a story about her being in a box and her being the box itself



TAKE CARE OF YOUR THORNS

Past experiences II:

a client offered a flower to her mother and she slapped her as a response, because her daughter had cut the flower from the neighbor's house. I wrote a story about a rose



Clients' names:

Greek names have several meanings. Sophia means wisdom, Eleftheria means freedom. I had written a story for Helias which sounds like "helios" which means sunflower and sun



Accidental things that happen in the session:
a client arrived at the office with a broken heel. I wrote a story about her instability in her life. "The cracked heel" was a way of reinforcing her steps in therapy and tell her that I see her as an equal person

A white card with a red comb, a pair of scissors, and the text 'HELLO WORLD'. The card is surrounded by several thin, grey diagonal lines. The comb is red and has many teeth. The scissors are black and are positioned above the text. The text 'HELLO WORLD' is written in a simple, black, sans-serif font.

HELLO WORLD

Psychopathology:
a client diagnosed with
trichotillomania becomes a
comb in her story



EVERY
RING
HAS
THE
RIGHT
FINGER

Profession:
a client who makes
jewellery becomes a ring
as a protagonist in a fairy
tale

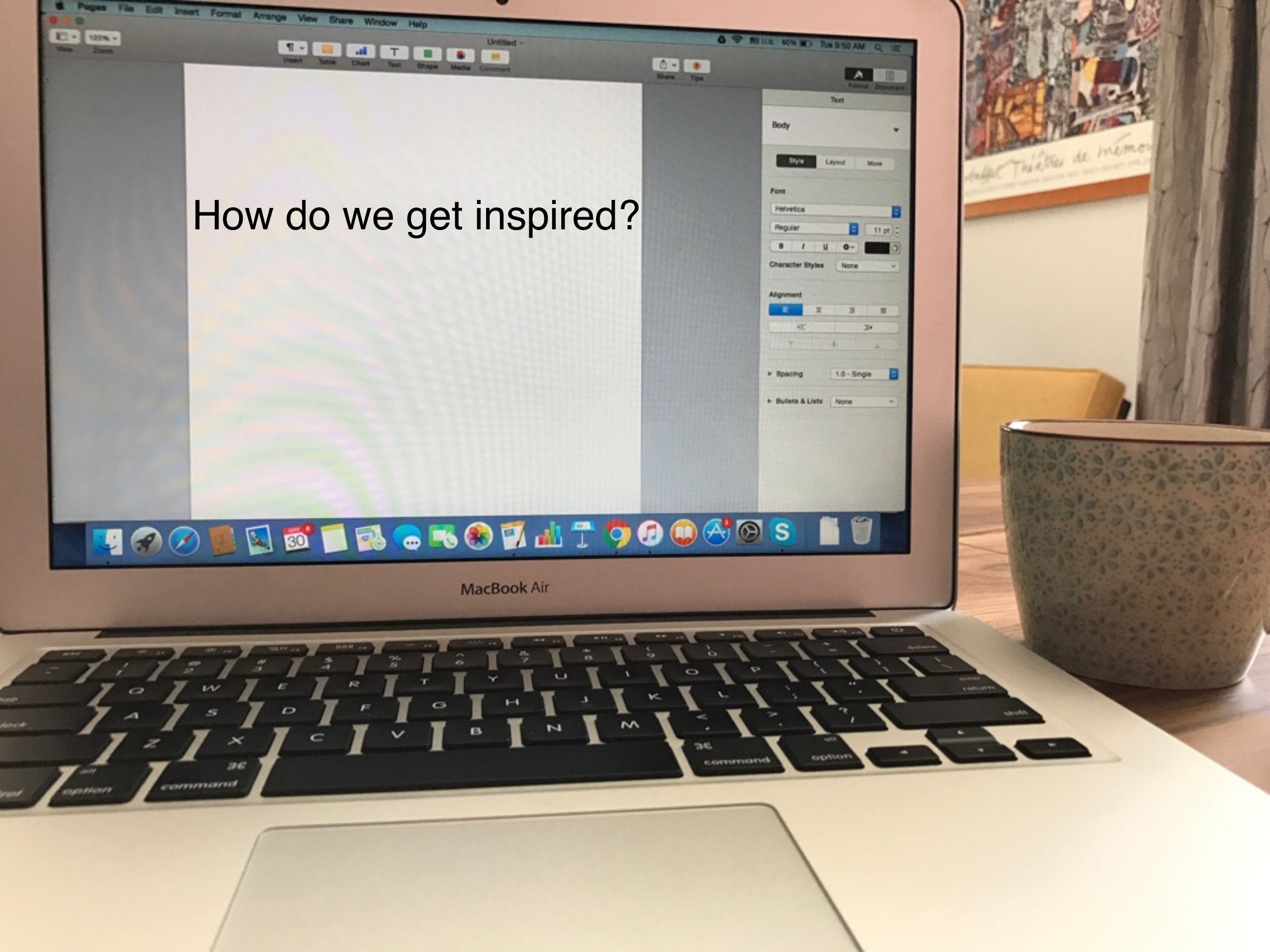


• BLACK JACK •

Other prompts:

- Body figure
- Hobbies
- Origin/nationality of the client

How do we get inspired?



Treating ourselves



Relaxing



THE LITTLE BOOK OF HYGGE MEIK WIKING

THE LITTLE BOOK OF
HYGGE

THE DANISH WAY
TO LIVE WELL

KOBO
**YUCATÁN
GUAVA**
guava, citrus bouquet, mahogany
PURE SOY CANDLE

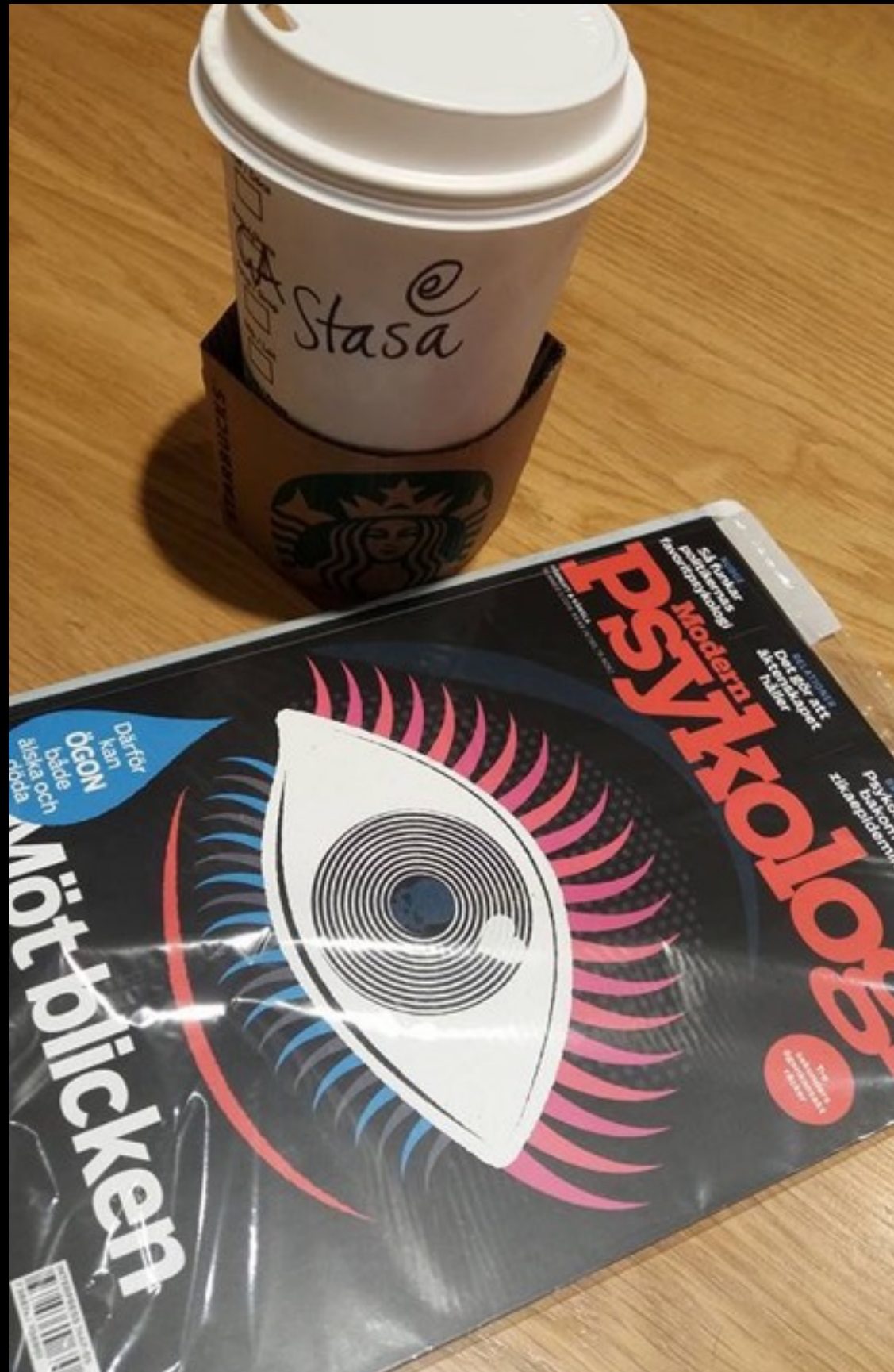




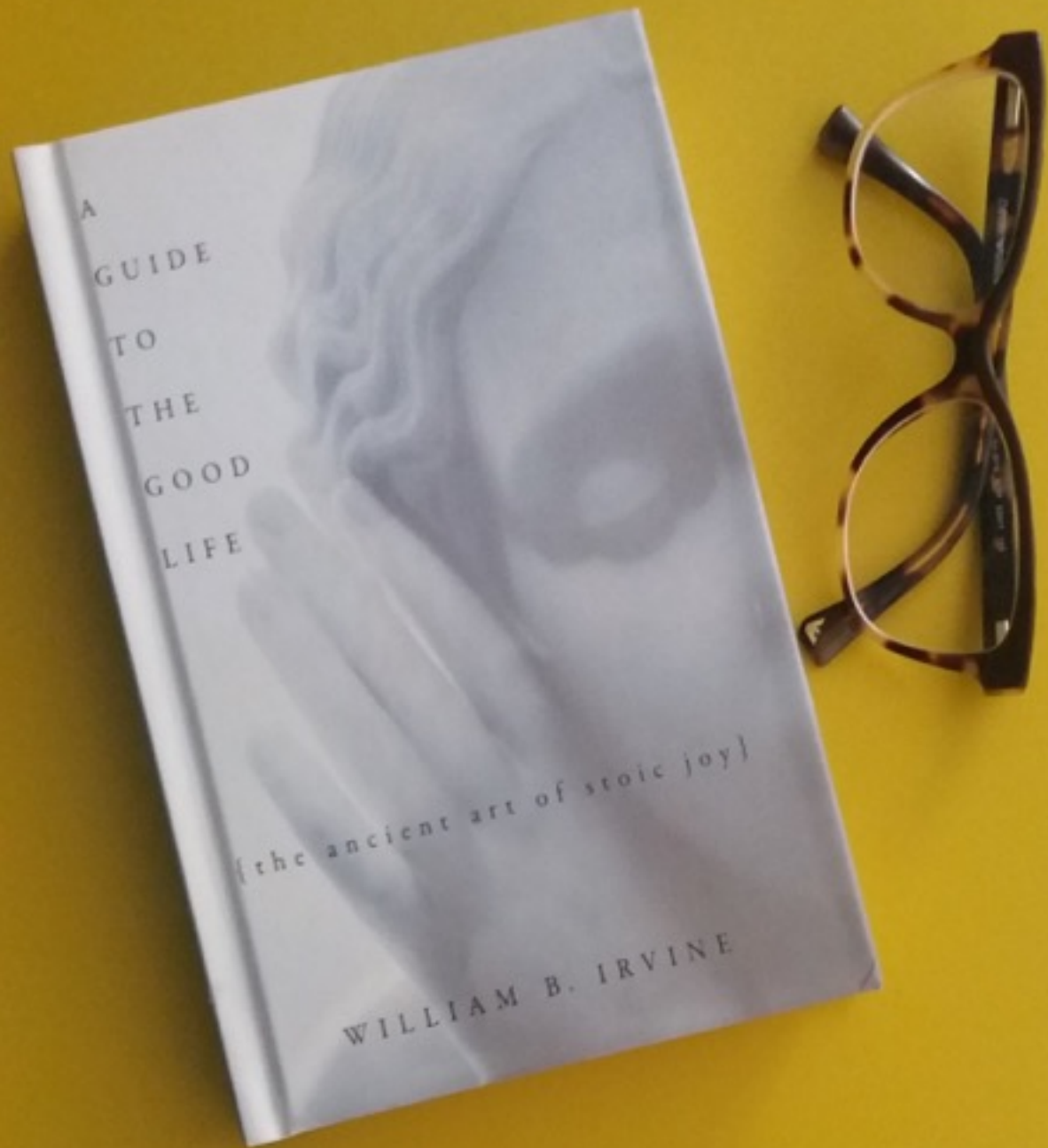
Mindfulness in daily activities



Wandering around



Flexibility & Playfulness



Readings



Know the rules &
Dare to change them

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Thank you for your participation!

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