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The Mary Waldon Show: Raising and Empowering Young Women, Mind, Body, and Spirit

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April 16th 2013: Special Encore Presentation: Experiencing Functional Analytic Psychotherapy

Currently, the most talked about psychotherapies are known as third wave or third generation behavior therapies. Many of these therapies are evidence-based, with randomized trials to support their efficacy. Research findings aside, there is a perception that behavior-based therapies can be overly mechanistic and dehumanizing. This is a criticism that has no basis in regard to Functional Analytic Psychotherapy. Instead, FAP helps client and clinician develop a connection that serves as a model for the client to re-create closeness in relationships outside of session. Tune in to The Mary Waldo

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