

Fideles, M. N. D. & Vandenberghe, L. (2014). Psicoterapia Analítica Funcional Feminista: Possibilidades de um encontro. [Functional Analytic Psychotherapy: Possibilities of an encounter]. *Revista Psicologia: Teoria e Prática*, 16(3), 18-29.

<http://dx.doi.org/10.15348/1980-6906/psicologia.v16n3p18-29>.

FEMINIST FUNCTIONAL ANALYTIC PSYCHOTHERAPY: POSSIBILITIES OF AN ENCOUNTER

Abstract: The present study reflects on the encounter of Feminist Therapy (FT) and Functional Analytic Psychotherapy (FAP). A study of the literature compared their clinical styles. It highlighted the compatibility of their views concerning the management of the therapeutic relationship; inclusion of social and cultural elements in treatment; emphasis on the acquisition of abilities to transform the client's environment; openness about therapist and client values and feelings; and the validation of the client's emotional experience instead of trying to change it. On these points, the two clinical styles are highly similar to each other. Their conceptual registers, however, build on different sensibilities, namely a contextual and functional clinical analysis in the case of FAP and political values in the case of FT. The study suggests that joining the perspectives of the two therapies can produce a broader clinical vision and provide a relevant and viable strategy to work on gendered themes in clinical practice.

Keywords: Feminist therapy; behavior therapy; Functional Analytic Psychotherapy; empowerment; therapeutic relationship.