

FIAT-2 Worksheet

Client Problems in 5 Response Classes				
Response Class	Expressing Towards [Speaker]	Responding To [Listener]	Outside	In-session
A [Assertion]				
B [Bidirectional Feedback]				
C [Conflict & Compromise]				
D [Disclosure]				
E [Emotions]				

mark X for problem; note larger problems with *

Outside of session
Where, when, with whom do these problems occur?
How often do these occur?
What would improvement look like here?
Community Member Assessment
Safety issues/concerns
Others to practice with/likely support (prompt/model/reinforce)
Others with similar problems

In-session with therapist
Where, when do these problems occur?
How often do these occur?
What would improvement look like here?
Therapist Self-assessment
Repertoire alignment/What will be needed
Ability to prompt/model/reinforce
Concerns about repertoire/skills/blind spots/similar problems

FIAT-2 Functional Assessment and Response Classes

Functional Assessment		
<i>A [S^D]</i> <i>Antecedents</i>	<i>B [R]</i> <i>Behaviors</i>	<i>C [S^R]</i> <i>Consequences</i>
Assessing context that occasions behavior	Assessing what, specifically, is person doing	Assessing what sustains/reinforces behavior

Five Response Classes	
Class A: <i>Assertion of Needs & Values</i>	Identification and assertion of needs or values
Class B: <i>Bidirectional Feedback & Impact</i>	Identifying impact, giving feedback to others, & responding to feedback by others
Class C: <i>Conflict & Compromise</i>	Identifying and responding to disagreement & conflict; moving to compromise & resolution
Class D: <i>Disclosure</i>	Disclosing personal content or experiences
Class E: <i>Emotion Experience & Expression</i>	Identifying, experiencing, and expressing feelings

FIAT-2 Contingency Skills

3 Contingency Skills [in & out of session]				
Response Class _____	Expressing Towards [Speaker]	Responding To [Listener]	Problem	Relational Skill
Antecedent Detection skills				
Response skills				
Consequence Reception skills				

3 Contingency Skills to focus intervention with FIAT-2		
A <i>Antecedent Detection Skills</i>	B <i>Response Skills</i>	C <i>Consequence Reception Skills</i>
Teaching clients to discern context for behavior	Helping develop broad, flexible, generative responses	Helping clients contact and discern impact of their behavior