

Principles & Practices (GAP) Goal-Achieving Psychotherapy

1. GAP is forward looking and positive.
2. The system is geared toward building personal strengths in order to manage change and growth now and in the future.
3. When dealing with a problem, the focus is on the solution.
4. The past is meaningful – especially those aspects of the past that are marked by achievement and emotional strength.
5. The GAP practitioner is active, directive, supportive, and a cheerleader for change and growth.
6. The patient/client of GAP is also active in preparing a Mission Statement and setting and achieving goals.
7. Goal setting is designed to ensure maximum success by utilizing small and measurable steps in a forward direction.
8. Wallowing has no place in the treatment process.
9. Once the positive commitment and forward direction is achieved, it can be supplemented by any valid form of treatment (e.g., CBT, mindfulness, psychoanalytic) that is supportive of the plan for improvement and change.
10. Positive personality change can take place throughout the life span.
11. The Type P Personality is the model of the healthy personality: Personal Goal-Driven; Positive; Proactive, Persistent; Playful.
12. Emotional health is always a work in progress.
13. GAP can be pursued on a do-it-yourself basis, in therapy, and through coaching depending upon your needs and strength at any point in time.
14. GAP-specific materials are available to aid in the implementation and maintenance of progress.
15. www.thementalhealthgym.com is the ongoing source for resources and information to stay up to date about GAP.