Consider a classical dynamical system in the canonical ensemble.

$$\mathcal{H} = \mathcal{H}_0 + V$$
.

The term \mathcal{H}_0 represents the dominant contribution to the energy of the system under the circumstances of interest. We assume that the Helmholtz free energy, $A_0(T, V, N)$, for that part alone can be calculated exactly:

$$e^{-\beta A_0} = \int d\Gamma \, e^{-\beta \mathcal{H}_0}, \qquad d\Gamma \doteq d^{6N}X, \qquad \beta \doteq \frac{1}{k_B T}.$$

We can then treat V perturbatively via the following expansion:

$$e^{-\beta A} = \int d\Gamma \, e^{-\beta(\mathcal{H}_0 + V)} \simeq \int d\Gamma \, e^{-\beta \mathcal{H}_0} \left(1 - \beta V + \frac{1}{2} \beta^2 V^2 \right).$$

This expression is then further expanded by using $ln(1-x) \simeq -x + x^2/2$:

$$-\beta A \simeq \ln\left(e^{-\beta A_0} - \beta \int d\Gamma V e^{-\beta A_0} + \frac{1}{2}\beta^2 \int d\Gamma V^2 e^{-\beta \mathcal{H}_0}\right)$$

$$\simeq -\beta A_0 + \ln\left(1 - \beta \int d\Gamma V e^{\beta(A_0 - \mathcal{H}_0)} + \frac{1}{2}\beta^2 \int d\Gamma V^2 e^{\beta(A_0 - \mathcal{H}_0)}\right).$$

$$\Rightarrow A = A_0 + \int d\Gamma \left(V - \frac{1}{2}\beta V^2\right) e^{\beta(A_0 - \mathcal{H}_0)} + \frac{1}{2}\beta \left[\int d\Gamma V e^{\beta(A_0 - \mathcal{H}_0)}\right]^2.$$

With ensemble averages,

$$\langle V \rangle \doteq \frac{\int d\Gamma \, V e^{-\beta \mathcal{H}_0}}{\int d\Gamma \, e^{-\beta \mathcal{H}_0}} = \int d\Gamma \, V e^{\beta (A_0 - \mathcal{H}_0)}, \qquad \langle V^2 \rangle = \int d\Gamma \, V^2 e^{\beta (A_0 - \mathcal{H}_0)},$$

and the relation

$$\langle V^2 \rangle - \langle V \rangle^2 = \langle (V - \langle V \rangle)^2 \rangle,$$

we can write

$$A = A_0 + \langle V \rangle - \frac{1}{2} \beta \langle (V - \langle V \rangle)^2 \rangle.$$

The criterion of applicability for this expansion is $\langle V \rangle / N \ll k_B T$. Note that if $\langle V \rangle = 0$ then the leading-order perturbation always reduces the Helmholtz free energy.