

# FFT – FUNCTIONAL FAMILY THERAPY

## What is FFT?

- A very helpful service for families with at risk youth and their families
- Counseling that is done in your home or at a place that is better for your family
- Averages 12 family sessions and lasts 3 to 4 months

## Common things FFT can help you with:

- Family conflict or arguments that get out of control
- Youth behavior problems or delinquency
- Yelling or fighting between family members
- Not being able to safely settle argument by talking
- Feeling alone or like you have to take care of everything by yourself

## Who Benefits From FFT?

- Youth ages 11-18, and their families, who are having a hard time with things like acting out, conduct disorder, alcohol and/or substance abuse.
- Families that face many challenges and may be working with more than one state agency. For example, working with CPS and mental health services.

## FFT is for:

- Natural families
- Adoptive families
- Foster families if the youth has been in the placement at least six months
- Kinship care families

## FFT consists of 5 parts

The FFT model identifies specific phases that organize the service and maintain focus on the model goals.

**Pretreatment:** This is the phase before the family begins FFT; it includes communication with the referral source, having telephone contact with the family, and setting up the first session.

**Engagement:** This phase is focused on listening, respecting and “matching” to the family’s needs.

**Motivation:** This phase helps family members gain hope and see their problems as something that affects everyone. The goal is to create an atmosphere where all family members are motivated to change.

**Behavior Change.** This phase focuses on teaching family members new behaviors and skills; this could include interpersonal communication, bargaining and negotiation, problem solving, and contracting.

**Generalization.** In this phase, the focus is on maintaining and generalizing the skills to new and different situations. This includes relapse prevention and identifying ongoing services or supports needed to help the family be independent.

<http://www.fftinc.com>