



FUNCTIONAL FAMILY THERAPY

Functional Family Therapy (FFT) helps families work together in learning to cope with the problems they face. FFT is among the most effective programs for at risk youth and their families and has been internationally researched and validated.

FFT acknowledges that families have inherent strengths that can help them improve their functioning and be healthier and happier. Family problems need families to work together to find the solutions with guidance and support. Once families find those strengths and resources they can learn ways to use them to avoid or solve future problems.

- FFT targets youth aged 12-18
- FFT is short term therapy: 12-16 sessions over a 4-6 month period
- FFT may be used in families with a range of problems, from at-risk youth to adolescents with very serious problems such as conduct disorder, violent acting-out and substance abuse
- FFT is strength based approach which helps families solve problems themselves
- FFT is solution-focused, looking at ways to work things out rather than placing blame
- FFT has been found to be successful with a wide range of youth and families in various multi-ethnic and multicultural contexts
- FFT respects family strengths, values and culture

FFT has three phases:

- ***Phase 1: Engagement Motivation***

This is when families reduce negativity and blaming, and begin to figure out what is keeping them stuck in the problem. They may start to experience small changes. Families regain a sense of hope that things can improve.

- ***Phase 2: Behavior Change***

The therapist guides families to make changes in how they work together to reduce or eliminate the problem behaviors and negative family patterns. Families practice using these new ways of doing things and functioning improves.

- ***Phase 3: Generalization***

In the Generalization phase the therapist helps families take the new behaviors and use them in a variety of situations to prevent problems, or to address them earlier and more constructively. Families learn and experience relapse prevention.

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*For more information or to make a referral for FFT at UK call*

**859-257-9341**