

# Functional Family Therapy

A whole of family approach designed to improve family dynamics, communication and supportiveness while decreasing negativity and problematic patterns of behaviour.

This evidence-based program supports adolescents (aged 11-18 years) who are at risk. The Functional Family Therapy (FFT) program is a high quality, evidence-based, strength focused program for families with at risk young people. FFT aims to help young people and families overcome behavioural and emotional problems and facilitate positive growth and development.



## How are services delivered?



All FFT sessions take place in the family home at a time of the family's convenience.



Facilitated by experienced and suitably qualified therapists to help identify strengths and challenges within the family behaviours and develop effective strategies for changing them within the family system.



Delivered across three separate phases, treatment lasting between three and five months.

## Phases of FFT

1. The **Engagement and Motivation** phase focuses on therapists' work to change the meaning of family relationships by emphasising possible hopeful alternatives, maintaining a non-judgmental approach, and conveying acceptance and sensitivity to diversity.
2. The **Behaviour Change** phase, families learn strategies that help to address family functioning and referral problems.
3. In the **Generalisation** phase, the family apply new skills into new situations or systems, plan for relapse prevention, and incorporate community systems to help maintain positive changes.

## Key outcomes being achieved



- Greater understanding of behaviours for the individual in different contexts
- Improved engagement within the community
- Positive inclusion in activities and enhanced pro-social behaviours
- Greater attendance and participation at school and work
- Reduced conflict and aggression
- Promote more harmonious relationships within households.

Find out more or contact us

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