



### **How does FFT work?**

FFT is a strength-based model built on a foundation of acceptance and respect. At its core is a focus on assessment and intervention to address risk and protective factors within and outside of the family that impact the adolescent and his or her adaptive development.

FFT consists of five major components: engagement, motivation, relational assessment, behavior change and generalization. Each of these components has its own goals, focus and intervention strategies and techniques.

Developed by Dr. James F. Alexander, FFT works with families with youth at risk. The approach focuses on the strengths of the relationships in the family by opening up communication and reframing negative behaviors by putting them within a positive relational context.

Initially the Therapist will assess the state of family relations and work with the family to highlight the strengths they exhibit and ways they can work toward understanding and improving their relationship.

**All Working Choices, Inc.  
FFT therapists are  
experienced, licensed,  
Master Level clinicians:**

**Tricia Cunningham, LMHC**

**Marta Bras', LMHC**

For more information  
or to make a referral,  
please call or email:

**Working Choices**

**425-822-8654**

[referrals@workingchoices.net](mailto:referrals@workingchoices.net)

[www.workingchoices.net](http://www.workingchoices.net)

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**Working Choices, Inc.**

# **FFT**

**Evidence Based**

**FAMILY**

**FUNCTIONAL**

**THERAPY**

[WWW.WORKINGCHOICES.NET](http://WWW.WORKINGCHOICES.NET)



## What is FFT?

- Family Functional Therapy or FFT is delivered to parents of children **11 to 18** years old.
- Working Choices, Inc. delivers FFT in the *family home* or via *secure Telehealth*. It is approx 10 weeks with up to 2 sessions per week, over 3 to 5 months.
- The FFT model has received international recognition for its outcomes in helping troubled youth and their families to overcome delinquency, substance abuse, and violence.
- It is a short-term treatment strategy that is built on a foundation of respect of individuals, families and cultures, but that includes powerful treatment strategies that pave the way for motivating individuals and families to become more adaptive and successful in their own lives.
- FFT helps to save families while at the same time preventing crime and victimization in communities.

## Working Choices, Inc.

### *Mission of FFT, LLC*

To assure each FFT therapist, supervisor, team and organization is supported at the highest level of expertise to achieve and sustain the best possible outcomes for youth and families.

Functional Family Therapy for Adolescent Behavior Problems is the definitive source for the most current information on FFT and guides our understanding of the model and the training we provide.

### *Philosophy/Belief System of FFT, INC*

A core attitude of respectfulness, of individual difference, culture, ethnicity and family form.

FFT LLC leads the charge to bring family functional therapy (FFT) to families in the world community, and is currently serving more than 300 community, state, national and international organizations as they provide FFT to more than 20,000 families each year.

Although FFT LLC is a family-first model, therapists are aware of and work to influence multiple systems. This multisystem focus is not limited to generalization. From the outset, therapists must plan and intervene to address multisystemic demands. Over time, the focus increases, but even during initial contacts, therapists must incorporate interventions to address the requirements/needs of other systems (such as juvenile justice or school). The assessment of other systems changes over the course of treatment as cases progress from engagement to motivation to behavior change to generalization.

**Working Choices, Inc.** has been providing quality in-home counseling services since *1986*. Due to the Covid-19 pandemic all **WCI Clinicians** are now **TeleHealth** certified and able to serve you safely & remotely!

### Available WCI Services:

- Crisis Family Intervention (CFI)
- Family Functional Therapy (FFT)
- Family Preservation Services (FPS)
- Parent-Child Interactive Therapy (PCIT)
- Positive Parenting Program (PPP)
- Safe Care
- Professional Services, *including*:
  - In-home Individual &/or Family Counseling
  - Parenting Instruction
  - Parenting Assessments

### **Working Choices, Inc.**

**has a diverse staff of Licensed or Certified Counselors and Social Workers. All WCI therapists receive Certified Supervision and are committed to the WCI mission of enhancing safety, stability and quality of life for children.**