



Behandeling Functional Family Therapy (FFT)

Het behandelprogramma FFT (Functional Family Therapy) wordt gekenmerkt door een systeemgerichte aanpak. De oplossing voor het probleemgedrag van de jongere ligt volgens FFT in het verbeteren van de relaties tussen de gezinsleden. Door een positieve en persoonlijke benadering van alle gezinsleden zoekt de therapeut, samen met de gezinsleden, naar een manier waarop uiteindelijk iedereen medeverantwoordelijk kan worden voor de ontstane situatie.

■ Doelgroep

De behandeling richt zich op gezinnen waarvan een kind zeer problematisch gedrag vertoont. De behandeling is gericht op jongeren in de leeftijd van 12 tot 18 jaar. Er is een uitloop mogelijk naar 23 jaar, mits de desbetreffende jongere opgroeit binnen zijn gezin.

■ Doelstelling

FFT richt zich op het verbeteren van gezinsrelaties en onderlinge communicatie waardoor het probleemgedrag van de jongere vermindert.

■ Het effect van FFT

Internationaal wetenschappelijk onderzoek heeft aangetoond dat door FFT bij 80% van de jongeren het probleemgedrag vermindert. Daarnaast verbetert het functioneren van de gezinnen van deze jongeren en het aantal uithuisplaatsingen neemt af.

■ Het team

Om de kwaliteit van de behandeling te waarborgen wordt deze uitgevoerd door speciaal opgeleide therapeuten. Zij ontvangen wekelijks supervisie. Er is ook een psychiater verbonden aan het FFT behandelprogramma.

■ Werkwijze

De FFT-behandeling bestaat uit drie fasen:

1. Verbindings- en motiveringsfase

De therapeut helpt de gezinsleden het probleemgedrag van de jongere te begrijpen. Hoe komt het? Waar komt het vandaan? Samen met het gezin wordt besproken hoe het patroon doorbroken kan worden.

2. Gedragsveranderingsfase

De gezinsleden leren diverse vaardigheden die ze toe kunnen passen om de situatie te verbeteren.

3. Generalisatiefase

De therapeut maakt samen met het gezin een plan voor na de behandeling. Het doel van het plan is dat de dingen die goed gaan behouden kunnen blijven. Ook bevat het vervolgstappen en handvaten voor de momenten waarop het moeilijk gaat. De therapeut denkt indien nodig, mee over een doorverwijzing of vervolgbehandeling.

Functional Family Therapy Manual

James H. Bray, Mark Stanton



Functional Family Therapy Manual:

Functional Family Therapy in Clinical Practice Thomas L. Sexton, 2011-01-19 Clinically relevant theoretically sound and scientifically based Functional Family Therapy FFT contains systematic discussions of topics and theoretical perspectives as well as illustrative clinical examples that demonstrate the manner in which principles are applied in FFT *Handbook of Family Therapy* Thomas L. Sexton, Jay Lebow, 2015-12-07 Integrative research based multisystemic these words reflect not only the state of family therapy but the nature of this comprehensive handbook as well The contributors all well recognized names who have contributed extensively to the field accept and embrace the tensions that emerge when integrating theoretical perspectives and science in clinical settings to document the current evolution of couples and family therapy practice and research Each individual chapter contribution is organized around a central theme that the integration of theory clinical wisdom and practical and meaningful research produce the best understanding of couple and family relationships and the best treatment options The handbook contains five parts Part I describes the history of the field and its current core theoretical constructs Part II analyzes the theories that form the foundation of couple and family therapy chosen because they best represent the broad range of schools of practice in the field Part III provides the best examples of approaches that illustrate how clinical models can be theoretically integrative evidence based and clinically responsive Part IV summarizes evidence and provides useful findings relevant for research and practice Part V looks at the application of couple and family interventions that are based on emerging clinical needs such as divorce and working in medical settings *Handbook of Family Therapy* illuminates the threads that are common to family therapies and gives voice to the range of perspectives that are possible Practitioners researchers and students need to have this handbook on their shelves both to help look back on our past and to usher in the next evolution in family therapy *Handbook of Family Therapy Training and Supervision* Howard A. Liddle, Douglas C. Breunlin, Richard C. Schwartz, 1988-06-17 Over the last three decades family therapy has revolutionized the mental health field changing the way human problems are conceived and therapy is conducted In concert with the dynamic growth of family therapy the field of family therapy training and supervision has also expanded enormously yielding many new ideas and skills Yet until now few books have been devoted to it and no single volume has attempted to relate the full breadth of this growing field in terms of its conceptual and theoretical expansion as well as its practical application *HANDBOOK OF FAMILY THERAPY TRAINING AND SUPERVISION* fills this need by presenting a truly comprehensive view of this dynamic area To accomplish this broad yet in depth scope editors Liddle Breunlin and Schwartz have assembled 30 highly acclaimed authorities to author chapters in their respective areas of expertise For further clarification the editors have included segues that introduce and analyze each of the book's four major sections providing the reader with an overview of the section highlights of themes that run through it and discussion of the issues raised in a way that ties the chapters together The book opens with a presentation of the unique and innovative approaches to training and supervision that have

evolved in each separate school of family therapy Offering a panoramic view of the entire field of family therapy these seven chapters allow for fascinating comparisons among the different schools regarding the process by which ideas about therapy evolve into training techniques and philosophies Section II follows with an explication of the pragmatics of family therapy supervision Helping family therapy trainers avoid and anticipate the common mistakes involved with supervision the skills described in this section create an atmosphere conducive to learning and maintaining a working trainer trainee relationship and finally for training of supervisors Practical guidelines for using live and video supervision are included Section III features family therapy trainers in such diverse fields as psychiatry psychology family medicine social work nursing free standing and academic family therapy programs who describe the problems and advantages they encounter teaching these new ideas within their idiosyncratic contexts The book closes with a section that includes reflections on the field by such innovative and respected leaders as Cloe Madanes and Jay Haley Among topics covered are perspectives and recommendations for researchers evaluating family therapy practical advice for incorporating a cultural perspective into training programs feedback on the experience of live supervision from trainees perspectives An appendix follows that provides over 400 references organized by subject for easy reference Given the level and scope of this extraordinary text FAMILY THERAPY TRAINING AND SUPERVISION is an invaluable resource for anyone interested in teaching learning or simply appreciating family therapy Handbook Of Family Therapy Alan S. Gurman, David P. Kniskern, 2014-07-22 First published in 1981 This volume is unique as to date no previous book and no collection of papers one could assemble from the literature addresses or achieves for the field of family therapy what is accomplished in this handbook It responds to a pressing need for a comprehensive source that will enable students practitioners and researchers to compare and assess critically for themselves an array of major current clinical concepts in family therapy Handbook of Family Therapy Mike Robbins, Tom Sexton, Gerald Weeks, 2004-03-01 This new Handbook of Family Therapy is the culmination of a decade of achievements within the field of family and couples therapy emerging from and celebrating the dynamic evolution of marriage and family theory practice and research The editors have unified the efforts of the profession's major players in bringing the most up to date and innovative information to the forefront of both educational and practice settings They review the major theoretical approaches and break new ground by identifying and describing the current era of evidence based models and contemporary areas of application The Handbook of Family Therapy is a comprehensive progressive and skillful presentation of the science and practice of family and couples therapy and a valuable resource for practitioners and students alike *The Wiley-Blackwell Handbook of Family Psychology* James H. Bray, Mark Stanton, 2012-07-23 The Handbook of Family Psychology provides a comprehensive overview of the theoretical underpinnings and established practices relating to family psychology Provides a thorough orientation to the field of family psychology for clinicians Includes summaries of the most recent research literature and clinical interventions for specific areas of interest to family

psychology clinicians Features essays by recognized experts in a variety of specialized fields Suitable as a required text for courses in family psychology family therapy theories of psychotherapy couples therapy systems theory and systems therapy

The Handbook of Systemic Family Therapy, Systemic Family Therapy with Children and Adolescents Lenore M. McWeey, 2020-10-19 Volume II of The Handbook of Systemic Family Therapy presents established and emerging models of relational treatment of children and young people Developed in partnership with the American Association for Marriage and Family Therapy AAMFT it will appeal to clinicians such as couple marital and family therapists counselors psychologists social workers and psychiatrists It will also benefit researchers educators and graduate students involved in CMFT

Integrative Family and Systems Treatment (I-FAST) J. Scott Fraser PhD, David Grove LISW-S, Mo Yee Lee PhD, Gilbert Greene PhD, Andy Solovey MSW, 2014-03-28 Funders of mental health services to youth and families have increasingly required providers to use treatments deemed to be evidence based There are several evidence based family treatment EBFT approaches found to be effective with the same types of presenting problems and populations All of these EBFTs claim to be based on similar theoretical approaches and have specified treatment protocols that providers must follow to be faithful to the model These EBFTs are expensive for agencies to establish and maintain Many agencies that initially adopted one of these EBFTs later de adopted it because they could not sustain it when billing Medicaid is the only way to pay for such services Meta analyses of treatment outcome studies have found that various theoretical approaches to therapy are effective but no one approach is more effective than any other What accounts for client improvement is not the specific treatment approach but rather the factors they all have in common To provide an effective affordable and flexible approach to family treatment the authors of this book developed and have conducted researched on an approach they call Integrative Family and Systems Treatment I FAST I FAST is a meta model organized around the common factors to family treatment Such a model does not require practitioners to learn a completely new way to provide treatment but rather it builds on and incorporates the clinical strengths and skills they already possess This book is a manual for how to faithfully and flexibly provide I FAST A manual for a meta model to treatment based on the common factors has never been provided This book provides clear guidelines illustrated by cases examples for not only how to provide I FAST but also how to teach and supervise it as well as how to integrate I FAST with the rest of an agency s services and programs **Clinical Handbook of**

Assessing and Treating Conduct Problems in Youth Rachael C. Murrihy, Antony D. Kidman, Thomas H. Ollendick, 2010-08-26 Conduct problems particularly oppositional defiant disorder ODD and conduct disorder CD are the most common mental health problems affecting children and adolescents The consequences to individuals families and schools may be severe and long lasting To ameliorate negative outcomes and ensure the most effective treatment for aggressive and antisocial youth early diagnosis and evidence based interventions are essential Clinical Handbook of Assessing and Treating Conduct Problems in Youth provides readers with both a solid grounding in theory and a

comprehensive examination of the evidence based assessment strategies and therapeutic practices that can be used to treat a highly diverse population with a wide range of conduct problems It provides professional readers with an array of evidence based interventions both universal and targeted that can be implemented to improve behavioral and social outcomes in children and adolescents This expertly written resource Lays the foundation for understanding conduct problems in youth including epidemiology etiology and biological familial and contextual risk factors Details the assessment process with in depth attention to tools strategies and differential diagnosis Reviews nine major treatment protocols including Parent Child Interaction Therapy PCIT multisystemic therapy MST for adolescents school based group approaches residential treatment and pharmacotherapy Critiques the current generation of prevention programs for at risk youth Explores salient issues in working effectively with minority youth Offers methods for evaluating intervention programs starting with cost analysis This volume serves as a one stop reference for all professionals who seek a solid grounding in theory as well as those who need access to evidence based assessment and therapies for conduct problems It is a must have volume for anyone working with at risk children including clinical child school and developmental psychologists forensic psychologists social workers school counselors and allied professionals and medical and psychiatric practitioners *Handbook of Marriage and the Family*

Marvin B. Sussman,Suzanne K. Steinmetz,Gary W. Peterson,2013-06-29 To know where we are going as scholars educators and practitioners in the field of marriage and family life we first need to know where we have been A perusal of early texts on marriage and family life provides some thought provoking insights into the accuracy of the saying what goes around comes around It is interesting to note who has been considered to be in a position to provide information on marriage and family life Included in the eclectic collection of texts we reviewed were ministers whose focus was on spirituality doctors who emphasized medical aspects of child and adult health and public health professionals and home economists concerned with fighting disease who emphasized cleanliness order fighting germs and eliminating rodents and insects There are also philosophers who drew from ancient texts when discussing family life and a count who assembled a group of German intellectual elites to address various topics An insightful essay of this type is by Marta Karlweis 1926 in which she notes There is no other fetish that society holds to so firmly as the conception woman with all its usual associations of infantilism and dependence The child requires protection is a minor and consequently a serf but above all it possesses no spiritual existence Neither doctorates or other distinctions nor the right to vote have as yet been able to dispel this sweet idea of the childishness of woman which man cherishes p *Functional Family Therapy for Adolescent Behavior Problems* James F.

Alexander,2013 This book explains how to provide Functional Family Therapy FFT a highly successful family intervention for delinquent and substance using adolescents FFT systematically alters important risk and protective factors associated with the problem behaviors *Handbook of LGBTQ-Affirmative Couple and Family Therapy* Rebecca Harvey,Megan J.

Murphy,Jerry J. Bigner,Joseph L. Wetchler,2021-11-29 This comprehensive second edition inspires therapists to utilize

clinical work to pragmatically address intersectional oppressions lessen the burden of minority stress and implement effective LGBTQ affirmative therapy A unique and important contribution to LGBTQ literature this handbook includes both new and updated chapters reflecting cutting edge intersectional themes like race ethnicity polyamory and monosexual normativity A host of expert contributors outline the best practices in affirmative therapy inspiring therapists to guide LGBTQ clients into deconstructing the heteronormative power imbalances that undermine LGBTQ relationships and families There is also an increased focus on clinical application with fresh vignettes included throughout to highlight effective treatment strategies Couple and family therapists and clinicians working with LGBTQ clients and those interested in implementing affirmative therapy in their practice will find this updated handbook essential *Handbook of Evidence-based Psychotherapies* Chris Freeman, Mick Power, 2007-03-13 At a time when evidence is everything the comprehensive Handbook of Evidence Based Psychotherapies handbook provides a unique up to date overview of the current evidence base for psychological therapies and major psychological disorders The editors take a pluralistic approach covering cognitive and behavioural therapies as well as counselling and humanistic approaches Internationally renowned expert contributors guide readers through the latest research taking a critical overview of each practice s strengths and weaknesses A final chapter provides an overview for the future Handbook of Evidence-Based Interventions for Children and Adolescents Lea A. Theodore, PhD, 2016-07-20 A step by step resource for treating more than 40 prevalent issues with proven strategies This comprehensive handbook for evidence based mental health and learning interventions with children and adolescents is distinguished by its explicit yet concise guidance on implementation in practice With a compendium of proven strategies for resolving more than 40 of the most pressing and prevalent issues facing young people the book provides immediate guidance and uniform step by step instructions for resolving issues ranging from psychopathological disorders to academic problems Busy academics practitioners and trainees in schools and outpatient clinical settings will find this resource to be an invaluable desktop reference for facilitating well informed decision making Unlike other volumes that ignore or merely reference the evidence base of various interventions this book focuses on providing immediate empirically supported guidance for putting these strategies into direct practice Issues covered include crisis interventions and response social and emotional issues academic learning issues psychopathological disorders neuropsychological disorders and the behavioral management of childhood health issues Each chapter follows a consistent format including a brief description of the problem and associated characteristics etiology and contributing factors and three evidence based step by step sets of instructions for implementation Additionally each chapter provides several websites offering further information about the topic Featuring contributions from leading scholars and practitioners on each issue covered this book will be a valuable resource for child clinical and school psychologists counselors social workers and therapists as well as other health and mental health professionals whose primary practice is with children and adolescents Key Features Demonstrates step by step evidence

based interventions for more than 40 common childhood issues Provides treatment procedures that can be immediately put into practice Covers a wide range of mental health and academic learning issues for children and adolescents Relevance for both school based and clinically based practice Includes contributions by noted experts in the field

Handbook of Systemic Approaches to Psychotherapy Manuals Mauro Mariotti, George Saba, Peter Stratton, 2022-02-17 This handbook examines the development and use of manuals to guide and support systemic couples and family therapies It addresses the process of manualizing providing a secure base for therapist creativity rather than delineating prescriptive procedures The volume addresses therapist and trainer concerns by demonstrating the value of sufficiently articulating clinical and teaching models to inform colleagues of what actually occurs during therapy The book describes the history value and controversies of manuals In addition it explores issues and experiences in the creation of manuals identifies research issues related to the use and evaluation of manuals and addresses training as a context for the application of treatment manuals Key areas of coverage include Reports of experiences with major internationally established manuals formulations of innovative practices by their developers and specifications of training programs Discussion of the various formats of manuals demonstrating their benefit and transportability across different contexts Surveys of a broad selection of manuals creating a flexible and diversified concept of what forms manuals may take Essential guidance for using manuals which is an indispensable step for the field to progress and to claim to health resource commissioning governments and insurance agencies that the systemic practice is evidence based and effective The Handbook of Systemic Approaches to Psychotherapy Manuals is an essential resource for researchers professors and graduate students as well as clinicians and related therapists and professionals in clinical psychology family studies public health social work psychotherapy child and adolescent psychology and all interrelated disciplines

Handbook of Family and Marital Therapy Sharon A. Shueman, Benjamin B. Wolman, 2012-12-06 Family and marital therapies are rapidly becoming highly used methods of treatment of mental disorders and are no longer ancillary methods to individual psychotherapy The last few decades have brought about an increasing awareness of the fact that excluding organic etiology practically all mental disorders are caused fostered and or related to faulty interpersonal relations As a rule the earlier in life one is exposed to noxious factors the more severe is the damage Thus early child parents and child siblings interactions are highly relevant determinants of mental health and mental disorder Moreover parents themselves do not live in a vacuum Their marital interaction significantly contributes to their own mental health or to its decline and parent child relationships are greatly influenced by the nature of intraparental relationships Parental discord conflicts and abandonment affect the child s personality development Thus family and marital therapy is more than therapy it is an important contribution to the prevention of mental disorder The present volume is comprised of three parts The first primarily theoretical analyzes the fundamental aspects of marital and family therapy The second part describes the various therapeutic techniques and the last deals with several specific issues It gives me great

pleasure to acknowledge my gratitude to my coeditor Dr George Stricker Without his thorough and devoted efforts this volume could not have come into being I am also profoundly indebted to our consulting editors Dr James Framo Dr

Essential Psychotherapies, Third Edition Stanley B. Messer, Alan S. Gurman, 2011-08-17 This book has been replaced by **Essential Psychotherapies Fourth Edition** ISBN 978 1 4625 4084 6

Handbook of Evidence-Based Therapies for Children and Adolescents Ric G. Steele, Michael C. Roberts, 2020-09-26 The comprehensive coverage in this hugely important and timely handbook makes it invaluable to clinical child school and counseling psychologists clinical social workers and child psychiatrists As a textbook for advanced clinical and counseling psychology programs and a solid reference for the researcher in child adolescent mental health its emphasis on flexibility and attention to emerging issues will help readers meet ongoing challenges as well as advance the field Its relevance cannot be overstated as growing numbers of young people have mental health problems requiring intervention and current policy initiatives identify evidence based therapies as the most effective and relevant forms of treatment

Blueprints for Violence Prevention: Functional family therapy, 1998

Handbook of Clinical Family Therapy Jay L. Lebow, 2012-07-05 The latest theory research and practice information for family therapy The last twenty years have seen an explosion of new innovative and empirically supported therapeutic approaches for treating families Mental health professionals working with families today apply a wide range of approaches to a variety of situations and clients using techniques based on their clinically and empirically proven effectiveness their focus on specific individual and relational disorders their applicability in various contexts and their prominence in the field In this accessible and comprehensive text each chapter covers specific problems the theoretical and practical elements of the treatment approach recommended intervention strategies special considerations supporting research and clinical examples The contributors provide step by step guidelines for implementing the approaches described and discuss particular issues that arise in different couple family and cultural contexts **Handbook of Clinical Family Therapy** covers treatment strategies for the most common problems encountered in family therapy including Domestic violence Adolescent defiance anxiety and depression Trauma induced problems Stepfamily conflicts ADHD disruption Substance abuse in adults and adolescents Couple conflict and divorce Chronic illness A detailed reference for today's best treatment strategies the **Handbook of Clinical Family Therapy** brings together the top practitioners and scholars to produce an innovative and user friendly guide for clinicians and students alike

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