

Functional Family Therapy (FFT)

- A strength and evidence-based family therapy approach
- Explores what is working well within the family and builds strategies for family challenges based on family strengths and the relationship between family members
- Works with the whole family, significant others and other key players who influence the family
- Flexible availability of the FFT therapist – the FFT therapist is available for visits in the home, or other convenient community locations at a time which works best for the family (including evenings, weekends and other out of office hours)
- Time limited intervention (3–6 months)



The LBWF Functional Family Therapy (FFT) team

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For more information regarding FFT referrals contact:

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My FFT Therapist is:

FFT Therapist number is:

Functional Family Therapy (FFT) Team

**Families and Homes Directorate
Early Help Division**



Functional Family Therapy (FFT)

FFT is a short-term, high quality family therapy model. FFT is a strength-based model. The therapy aims to explore what is working well within the family while developing strategies for family challenges based on family strengths and the relationship between family members.

FFT is a family intervention which works with the whole family, significant others and any other key players who influence the family dynamic. The whole family is included in FFT sessions.

FFT sessions are primarily provided in the home but can also be provided in a variety of community settings.



Phases of the FFT intervention

The FFT intervention has 3 phases:

- 1.** In the first phase, the FFT Therapist focuses on engagement with all family members. The family explores the issues at the root of the reason for the referral to FFT. During this phase, the FFT therapist learns about how the family naturally functions and gains a better understanding of the relationships between different family members
- 2.** In the second phase, the family builds on their strengths, learns and practices skills and strategies to strengthen the family and address the reason for referral to FFT.
- 3.** In the generalization phase, supports are identified and put in place that help the family maintain the skills they have learned and the strategies they have put in place.:

The FFT intervention typically lasts from 3 to 6 months, averaging several sessions per week in the initial weeks of treatment, then tapering off to fortnightly visits.

Starting with FFT

Once a referral is accepted for FFT, a joint visit is scheduled with the referrer, the family and the FFT therapist.

At the joint visit, the family has the opportunity to learn about FFT and consent to participating in FFT.

For more information on FFT, please feel free to contact the FFT team on 020 8496 6335.



