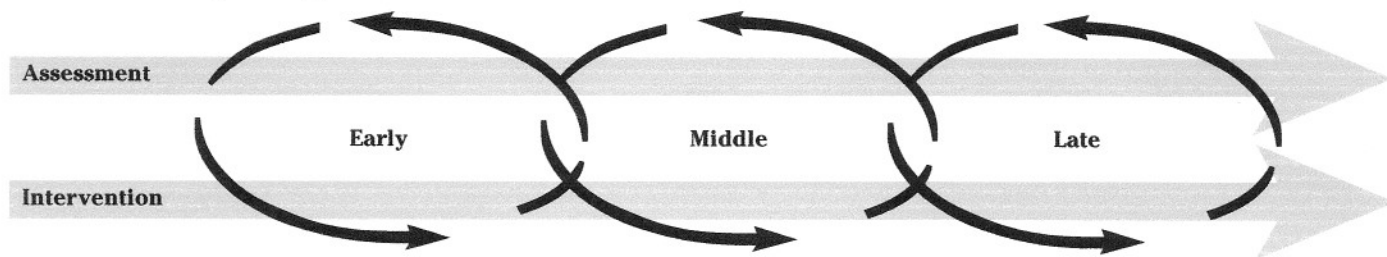


## Functional Family Therapy Clinical Model: Intervention Phases Across Time



	<b>Engagement and Motivation</b>	<b>Behavior Change</b>	<b>Generalization</b>
<b>Phase goals</b>	<ul style="list-style-type: none"> <li>Develop alliances.</li> <li>Reduce negativity, resistance.</li> <li>Improve communication.</li> <li>Minimize hopelessness.</li> <li>Reduce dropout potential.</li> <li>Develop family focus.</li> <li>Increase motivation for change.</li> </ul>	<ul style="list-style-type: none"> <li>Develop and implement individualized change plans.</li> <li>Change presenting delinquency behavior.</li> <li>Build relational skills (e.g., communication and parenting).</li> </ul>	<ul style="list-style-type: none"> <li>Maintain/generalize change.</li> <li>Prevent relapses.</li> <li>Provide community resources necessary to support change.</li> </ul>
<b>Risk and protective factors addressed</b>	<ul style="list-style-type: none"> <li>Negativity and blaming (risk).</li> <li>Hopelessness (risk).</li> <li>Lack of motivation (risk).</li> <li>Credibility (protective).</li> <li>Alliance (protective).</li> <li>Treatment availability (protective).</li> </ul>	<ul style="list-style-type: none"> <li>Poor parenting skills (risk).</li> <li>Negativity and blaming (risk).</li> <li>Poor communication (risk).</li> <li>Positive parenting skills (protective).</li> <li>Supportive communication (protective).</li> <li>Interpersonal needs (depends on context).</li> <li>Parental pathology (depends on context).</li> <li>Developmental level (depends on context).</li> </ul>	<ul style="list-style-type: none"> <li>Poor relationships with school/community (risk).</li> <li>Low level of social support (risk).</li> <li>Positive relationships with school/community (protective).</li> </ul>
<b>Assessment focus</b>	<ul style="list-style-type: none"> <li>Behavior (e.g., presenting problem and risk and protective factors).</li> <li>Relational problems sequence (e.g., needs/functions).</li> <li>Context (risk and protective factors).</li> </ul>	<ul style="list-style-type: none"> <li>Quality of relational skills (communication, parenting).</li> <li>Compliance with behavior change plan.</li> <li>Relational problem sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Identification of community resources needed.</li> <li>Maintenance of change.</li> </ul>
<b>Therapist/Interventionist skills</b>	<ul style="list-style-type: none"> <li>Interpersonal skills (validation, positive interpretation, reattribution, reframing, and sequencing).</li> <li>High availability to provide services.</li> </ul>	<ul style="list-style-type: none"> <li>Structure (session focusing).</li> <li>Change plan implementation.</li> <li>Modeling/focusing/directing/training.</li> </ul>	<ul style="list-style-type: none"> <li>Family case manager.</li> <li>Resource help.</li> <li>Relapse prevention interventions.</li> </ul>

Source: Sexton and Alexander, 1999.