

# FAMILIES *First*

Families First delivers Functional Family Therapy in Ireland as part of Archways. Archways is a national non-profit organisation providing solutions for children and families.

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This leaflet is designed to answer questions relevant to fellow professionals wishing to make referrals to our service.



FAMILIES  
*First*



## About the Service

Functional Family Therapy (FFT) is an evidence based systemic family prevention and intervention therapeutic programme. It has been applied successfully to a wide range of emotional and behavioural difficulties experienced by adolescents and their families in a variety of contexts. While the programme is designed for young people aged 11-18, their younger siblings also benefit from the therapy.

FFT is a short-term therapy of approximately 16-22 sessions, with up to 26-30 sessions for more complex issues. It is a three-phased approach:

### Phase 1 Engagement and Motivation

This phase concentrates on motivating the family to actively engage in the therapy by reducing blame and negativity, and building alliance within the family.

### Phase 2 Behaviour Change

This stage builds on the alliance created within the family and teaches the family new skills for managing challenges together.

### Phase 3 Generalisation

This phase supports the family in applying the skills learned to new situations inside and outside the home thus embedding permanent change. In order to meet the family's needs therapy is delivered in a variety of settings including their own home.

Archways works in collaboration with local and national agencies to promote and research evidence based programmes for children, young people, and their families. We support the development of services that build on the existing strengths and resources of the communities we work with.

Archways was established in 2006. Initially the role of Archways was to promote the roll-out and evaluation of the Incredible Years Series (IY) in Ireland. Over the last number of years Archways have begun delivering and supporting other proven programmes including the Mentoring for Achievement Programme (MAP) and Functional Family Therapy (FFT).

Archways is a Registered Charity: No. 17603

### For Families First referral information:

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## Delivering Functional Family Therapy in Ireland

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