



The 2nd European FFT LLC Conference

*Staying True to Youth and Families after 44 Years of Practice:
Where Are We Now and What Comes Next*

Preliminary Program

October 6-7, 2016

Brighton, England



Thursday October 6th

8:00am Breakfast provided

9:00am Principles, Theory, and Implementation: Our Focus and Outcomes Remain Strong

Dr. Jim Alexander **FFT Founder**
Doug Kopp **CEO, FFT LLC**
Dr. Mike Robbins **Clinical & Research Director**

The opening plenary of the conference presents a broad overview of the foundations of the FFT model, the expansion of dissemination into new contexts, and recent research on processes and outcomes. Dr. Alexander will discuss his unique perspective on how FFT has evolved over the past four decades. Doug Kopp will provide his perspectives on the challenges and successes of implementation of FFT in diverse international contexts and discuss what the future holds for the growth of FFT in Europe and beyond. Michael Robbins will review current research on FFT from the US that continues to provide support for the implementation of FFT and that shows the promise of the FFT-Child Welfare adaptation.

10:45am Break

11:00am Practicing with Depth and Sophistication – Panel 1

Moderator **Jim Alexander**

This panel will highlight effective strategies for practicing FFT with depth and sophistication in the Engagement and Motivation phases. There will be a presentation on how to systematically match to the unique characteristics of youth and family members to facilitate a motivational context for change. Panelists from Denmark, Norway, Singapore, and the UK will share their unique stories about matching strategies that have helped families through the critical early phases of treatment.

12:00pm Lunch provided

1:00pm Practicing with Depth and Sophistication – Panel 2

Moderator **Michael Robbins**

This panel will focus on how to help therapists tailor behavior change to youth and families. The flexibility of FFT in meeting the needs of diverse clinical issues creates challenges for therapists who must pull from the extant literature to implement specific strategies for addressing relevant risk and protective factors. This panel will provide some concrete strategies and examples of what therapists have done to address a range of problems, including substance use, trauma, depression, and other common clinical problems. Panelists will include therapists/supervisors from Sweden, the UK, and New Zealand.

2:30pm Break

3:00pm Creativity in practice: Promising approaches to strengthening outcomes

Moderator **Doug Kopp**

FFT is a dynamic model that continues to evolve through the interplay between theory, research and practice. This panel will provide examples of several new innovations of FFT that have emerged over the past decade, including strategies for working with self-harm, substance use, early adults, and youth and families in child welfare contexts. Panelists include practitioners from Sweden, the Netherlands, and the US.

4:00pm Questions and Comments

5:30 – 7:00pm FFT Reception

Friday October 7th

8:00am **Breakfast provided**

9:00am **What's Troubling Therapists: Ideas for Strengthening Current Practice?**

Moderator

Joanna Pearse

This panel will discuss common concerns or areas that therapists consistently present in training and consultation. Panelists will provide strategies for working with school refusers, substance misuse, anxiety, depression, and trauma. A particular focus of this discussion will be to gather information about audience members about strategies for continuing therapist growth and exploration by focusing consultation and training on these areas. Panelists will include experts from the UK, Sweden, and the US.

10:15am **Break**

10:30am **What use is Data? How to Effectively Use Information to Sustain Teams and Enhance Outcomes**

Moderator

Mike Robbins

This panel will provide information about the value or lack of value of forms and assessment processes in FFT practice. Strategies for using data to enhance treatment planning will be discussed. Particular emphasis will be given for strategies to strengthen motivation and relevance of data collection. An interactive discussion will also focus on issues around standardization of assessment procedures used for FFT in the UK and beyond. Panelists will include leaders from Sweden, Denmark, and the UK.

12:00pm **Lunch provided**

1:00pm **Ongoing Research in International Contexts**

Moderator

Dagfinn Mørkrid Thøgersen

This panel will provide information about a number of international research studies that are at various stages of implementation. Panelists from Sweden, Denmark, Norway, the UK, New Zealand, and Egypt will share the latest findings from these studies and discuss future directions.

2:15pm **Break**

2:30pm **What have we learned? Where do we go next?**

Moderators

Jonas Alm and Tryggve Baldin

The final session will include an international panel of therapists, supervisors, and researchers from the UK, US, and Sweden. The focus of this panel will be to summarize key themes that emerged from the two day conference and to suggest potential next steps for training and implementation. This will include an interactive Questions and Answers process with the audience.

4:00pm **Conference ends**