



The 3rd International FFT LLC Conference

March 5-6, 2020

Copenhagen, Denmark

***“Practicing FFT with Dignity and Depth Across the Globe:
Integrity, Innovation, and Diversity”***

Program Overview

The theme for the 3rd International Conference on FFT is highlighting what it takes to practice FFT with dignity and depth. As FFT nears its 50-year anniversary, our understanding of how FFT works has become increasingly sophisticated and clear. The international success of FFT is due to the model’s ability to accommodate or match to families in diverse settings. We will look at how this matching occurs and explore similarities and differences in the global implementation of FFT.

Presentations will cover diverse topics that are relevant to clinical implementation, including how to practice FFT with marginalized, disenfranchised families, the role of emotional expression in the change process, and variations in relational functions. Invited presentations will also focus on innovations in implementation of FFT with new populations and strategies.

FFT has also helped international sites to sustain, achieve positive outcomes, and see great cost saving through their implementation efforts. Conference presentations will cover topics relevant to supervisors, administrators, and community stakeholders. In addition, presentations will include new research findings from multiple projects that have been completed since the last conference.

Presentations will include expert panels with members from Australia, Denmark, Egypt, England, The Netherlands, New Zealand, Norway, Scotland, Singapore, and Sweden.

(Conference registration and hotel accommodations will be available soon!)



Preliminary Agenda

Thursday March 5th

8:00am Registration and Morning Refreshments

9:00am Welcome to Copenhagen

TBA

9:20am What it Takes to Change: Going Deep with Families and Communities

Dr. Michael Robbins

Clinical & Research Director

Doug Kopp

CEO, FFT LLC

The opening plenary of the conference presents a broad overview of the foundations of the FFT model and how the model leverages change by systematically and strategically addressing risk and protective factors. This presentation will provide an overview of the challenges and successes of implementation of FFT in diverse international contexts and a discussion of what the future holds for the growth of FFT.

10:30am Break

10:45am Practicing with Dignity and Depth – Panel 1

Moderator

Dr. Michael Robbins

This panel will highlight the challenges of working with youth and families in contexts of severe historical and ongoing marginalization and abuse. The impact of colonization, racism, and inter-generational trauma will be discussed. This panel will emphasize how FFT has effectively built relationships at multiple levels (youth, family, agency, community) to build trust and launch a change process. Panelists from Australia, Zealandia, and Europe will share their unique stories about the healing process with youth and families.

12:00pm Lunch provided

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

Moderator

Tryggve Baldin

This panel will focus on similarities and differences across cultures in how to access and work with emotions in FFT. The flexibility of FFT in matching to families is a unique and powerful aspect of FFT. As a principle, the concept of matching is a constant reminder about the variability that is expected in clinical practice. This panel provides an overview and specific examples of some of the unique and common ways in which emotions are manifested and addressed across cultures. Panelists will include representatives from Europe, Singapore, and North America.

2:30pm Afternoon Refreshment Break

3:00pm Practicing with Dignity and Depth – Panel 3

Moderator

Dagfinn Mørkrid Thøgersen

The hallmark of FFT is matching to relational functions. However, very little has been discussed about cultural similarities and differences in patterns of relational functions and how these patterns might be related to clinical processes and outcomes. The panel will provide examples of relational functions across diverse cultural groups and how these are matched to within FFT. Panelists include representatives from Europe, New Zealand, and Singapore.

4:15pm End of Day Reflections

5:30 – 7:00pm

FFT Reception

Friday March 6th

8:00am Registration and Morning Refreshments

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

Moderator

Joanna Pearse

This panel will discuss common concerns or areas that supervisors consistently present in training and consultation. Panelists will provide strategies for effectively working with complex clinical challenges, such as trauma and substance use. A particular focus of this discussion will be to let panel members share about strategies for continuing therapist growth and exploration by focusing consultation and training on these areas. Panelists will include experts from the Australia, Europe, and the US.

10:30am Break

10:45am Anxiety and Fears about Working with Violence and Trauma

Presenter

Dr. Michael Robbins

This presentation will provide information about the challenges therapists encounter when they work with trauma and violence. Variation in system thresholds and values, culture, and therapist experience will be explored. Specific ideas about assessment and intervention will be presented, including a special emphasis on behavior changes strategies for violence and trauma.

12:00pm Lunch provided

1:00pm Completed and Ongoing Research

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.

1:45pm Update on IKB Research for Youth who Self-Harm

Presentation

Moa Bråthén Wijana

This presentation will provide updated research findings of the adaptation of FFT with youth who self-harm.

2:30pm Afternoon Refreshment Break

2:45pm What have we learned? Where do we go next?

Moderators

Dr. Michael Robbins

Joanna Pearse

Trygve Baldin

The final session will include an international panel of therapists, supervisors, and researchers from Australia, Europe, New Zealand, and Singapore. The focus of this panel will be to summarize the 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