

FFT PROGRAM

Baton Rouge Region

Functional Family Therapy (FFT)


- Population: 10-18 years
- Referral based on adolescent behaviors

Program Information:

- Follows the evidenced-based FFT model developed by FFT, LLC
- Has 5 major phases: engagement, motivation, relational assessment, behavior change, and generalization
- Provides individualized services to the entire family
- Typically lasts 3-6 months
- Weekly sessions with a therapist that are between 1-2 hours

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