

Innovating, Accommodating, Adapting, and Adopting FFT (And Other EBT's?)

Dilemmas and Conundrums (Or) Keeping Our Roots and Matching The Needs of Others

FFT Blueprints
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Definition Accommodation

- Reversible* and relatively superficial changes in response to internal or environmental stimuli

*Reversible unless chronicity > adaptive changes

- Eye shape, iris, etc. in response to change in light
- Dressing in warmer clothes in the cold
- Signing for the hearing impaired (changes the vehicle for presentation but not the content)
- An EBT in a different language

Accommodation

**The core of the model
remains the same**

Definition Adaptation

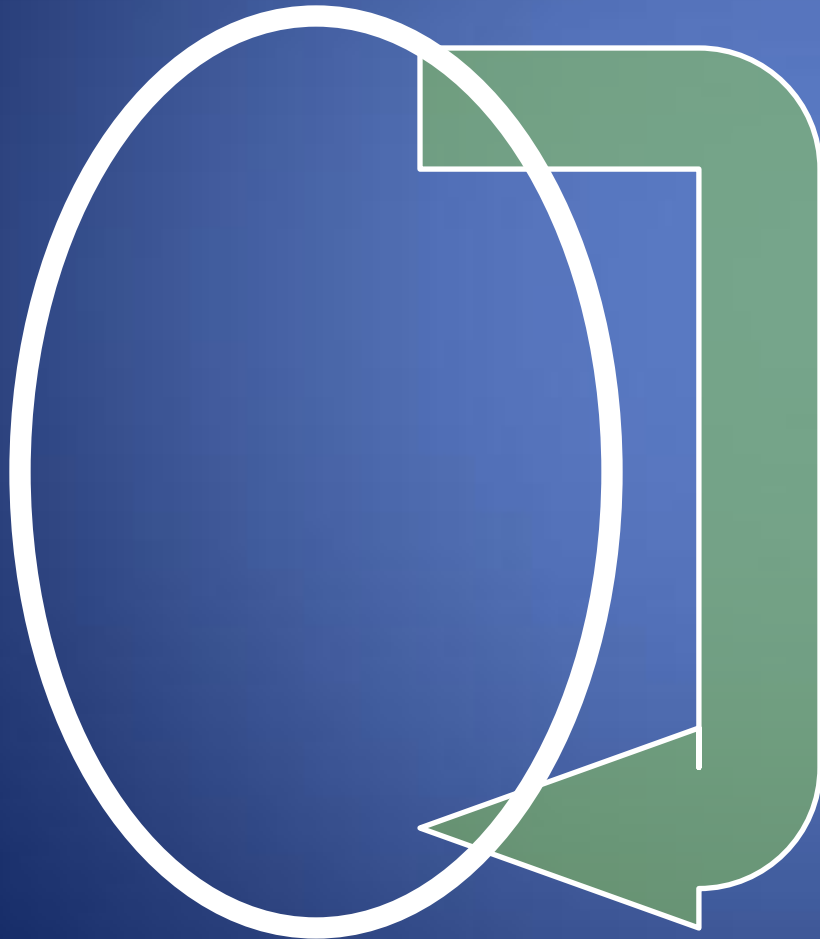
- Longer Term / Permanent changes in the actual structure or process
 - Evolution
 - Adding a prosthetic for walking
 - DNA manipulation
 - Gastic stapling
 - General Adaptation Syndrome
 - Wherein accommodation, over time, becomes adaptation; perhaps irreversable

Adaptation

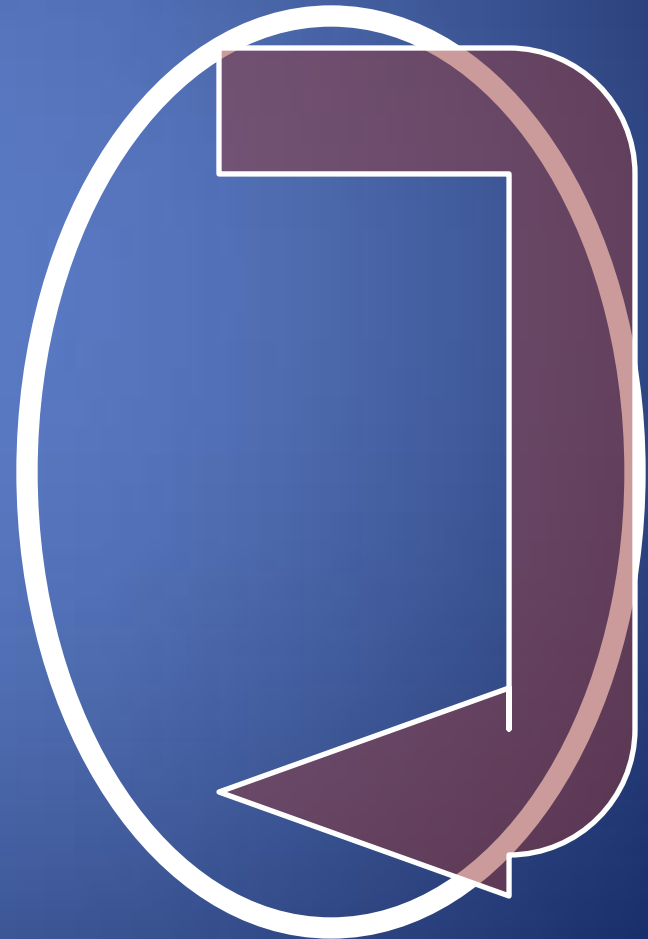
Some aspect(s) of the core model , i.e.,
elements, phases, sequences of
administration,
have undergone qualitative as well as
quantitative changes

Degree and Level Of **Short** (External) vs **Long** (Core, Fundamental) Modification

Accommodation



Adaptation



Accommodation & Adaptation Put Us At Greater Risk for

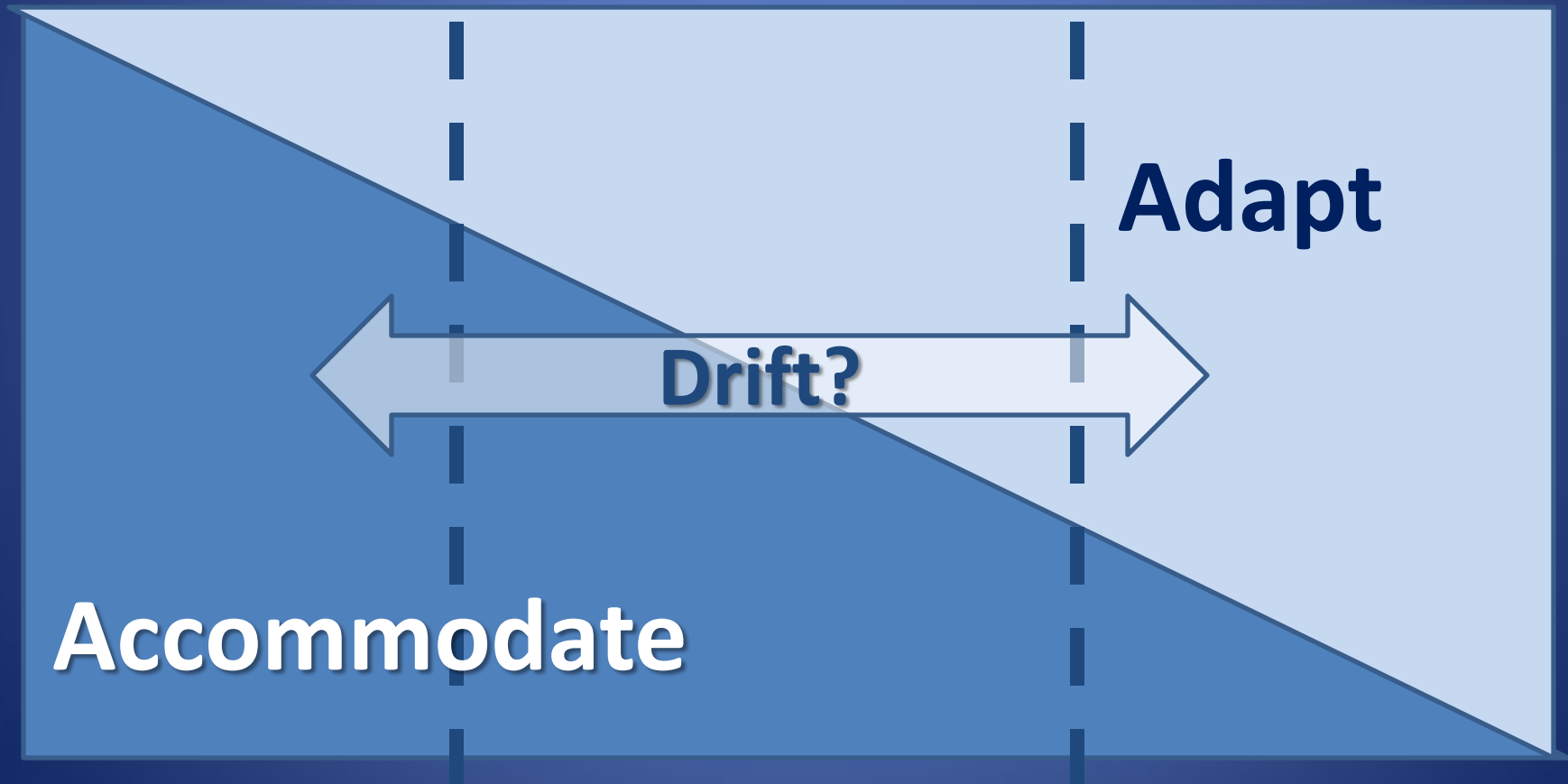
Drift

(Neither fish nor fowl)

drift (drft) v. drift·ed, drift·ing

- ...carried along by currents ...
 - ...move without purpose
- ...wander from a set course; stray.
- ...vary from or oscillate randomly
- ...piled up ...by the force of a current

The Accommodation <> Adaptation Continuum



Fidelity

merriam-webster.com/dictionary/fidelity :
– the quality or state of **being faithful**;
accuracy in details : exactness

Innovation (“Flexibility”?)

merriam-webster.com/dictionary/innovation:
-- a new idea, method, or device : **novelty**.

Matching

In general, EBT’s (FFT as an example) want
fidelity in model adherence, but centered in
competent / innovative / “flexible” application

Premises

For established EBT's, using an “accommodated” model vs “adapted” model has major implications for:

- Research, including effectiveness, efficacy, and change mechanisms*
- Manual representation(s)*
- Training structure and processes*
- (The inappropriateness of) selecting and juxtaposing acontextual elements of any particular EBT's which were developed and evaluated as a whole*

Where Are The Challenges?

- Our **model**
 - Do we need to accommodate? Adapt? & if so, when?
 - Our **therapists** (50% of variance!)
 - Our **Supervisors / Consultants**
 - **Our agency** / system
 - The educational, judicial, mental health **system(s)** in which the client family is/are embedded
 - The **culture** in which they are in turn embedded, and the subcultures that surround them
- All “push” fidelity** (adherence & competence)

And The Families?

- Of course families also challenge or “push” fidelity.
- But that is why they are the “clients.”
- We cannot “blame the victim.”
- Conclusion: It is our job to
 - Engage them in change
 - Motivate them to change
 - Assess their relational strengths, patterns, and challenges
 - Provide the Change Mechanisms
 - Help them Generalize those positive changes

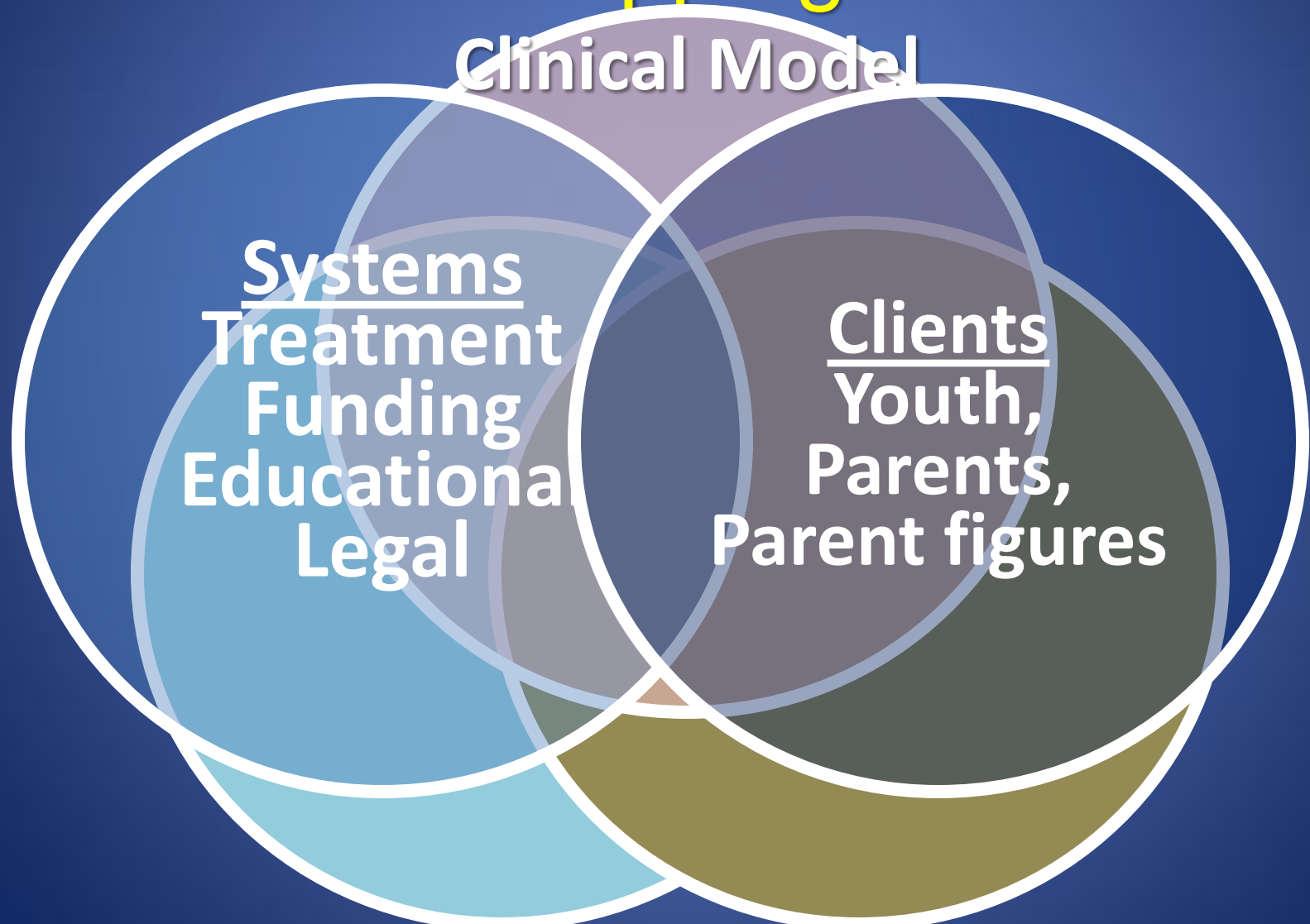
Without These Qualities

- We can have entropy, not growth
- We have (potentially) powerful interventions but without tracking or feedback
 - We lose accountability and the ability to train others
 - We even can become iatrogenic rather than efficacious or effective

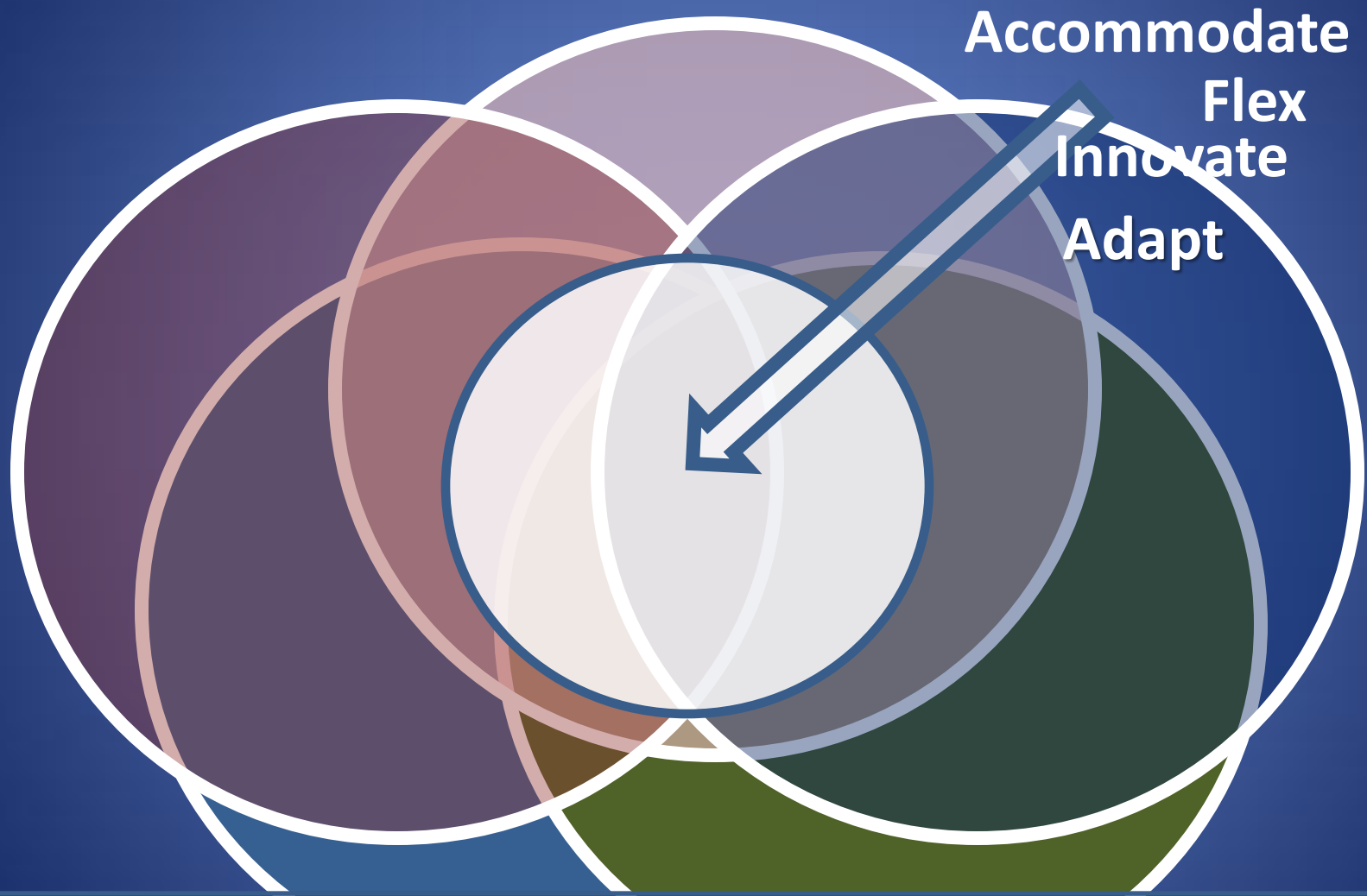
This can hurt people!

So What Do We Face?

- A Complex Set of Non-Overlapping Demands

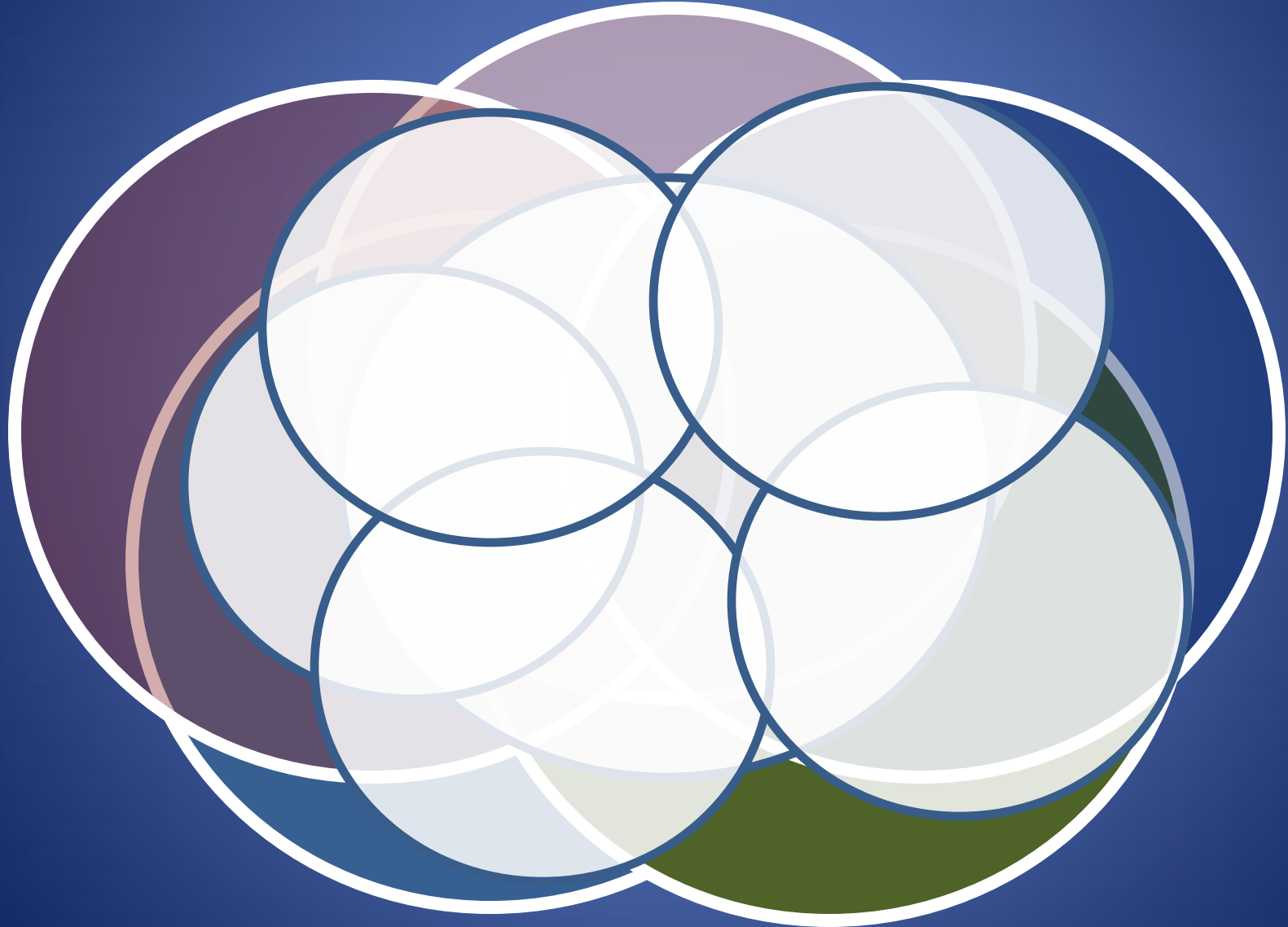


So What Do We Do?



*That's when we become 'therapists,'
not just manual followers nor 'robots'*

And Different EBT's Are Not The Same



So, We Come Full Circle

Whether or not we accommodate, adapt, or innovate, we still must “match:”

- Ourselves (“Personality,” “Style,” IQ)
- The “client” youth /family
- Our model
- Our agency / system
- The educational, judicial, mental health system(s) in which they are embedded
- The culture in which they are embedded, and the subcultures that surround them

Drift Can Produce Positive Changes or New Decision Rules

- *However this requires the dimensions along which the “drift” occurs, either in accommodating or adapting, to be clear, articulated, and the “drift” measured*
- *This in turn requires openness, self awareness, and independent monitoring.*
- *“Transparency with rigor”*

In FFT We Organize Our Matching Around FFT Phases – Each of Which Have Specific Challenges

- Engagement
- Motivation
- Relational then Behavioral Assessment
- Behavior Change
- Generalization

**Solutions Involve:
Matching Matching Matching**

FFT Phases & Specific Challenges

- Engagement

- System

- Family / specific family members

- Outreach, Specific agency liaisons, reputation for responsiveness
 - Do you “settle” for beginning with who will come in and then hope to “engage” other(s)?
 - If you do, you will have fewer engaged families

- Does your agency need “only” billable hours... Vs outcome focused. What do we really mean by “performance based?”

FFT Phases & Specific Challenges

- Engagement
 - System
 - Family / specific family members
- **Motivation**
 - Are you balanced in your goal of motivating all family members or do you drift toward those who are responsive?
 - Do you acknowledge the negative before you suggest a possible benign “motivation” in your reframes?
 - Or do you just “relabel” but call it reframing?

FFT Phases & Specific Challenges

- Engagement
 - System
 - Family / specific family members
- Motivation
- Relational then Behavioral Assessment
 - Do you look for patterns in *their* behavior, or what you think they ‘really want?’
 - Can you accept them on their own (relationally speaking) terms?
 - Can you observe & infer (a.k.a. “think”) or merely ask questions

FFT Phases & Specific Challenges

- Engagement
 - System
 - Family / specific family members
- Motivation
- Relational then Behavioral Assessment
- Behavior Change
 - Matching Matching Matching, especially
 - Relational Functions
- Generalization
 - Matching Matching Matching

- Mark Smith 011-1452-307-093
- Partners: Project (Dr Steven Scott; Moira Doolan; Joanna Pearce, Sajid)
 - Brighton being expanded to East& West Suffex
- **(NAPR)** National Assoc of Parenting Research Brighton Evaluation - 18 Month data will be available to us soon.
- **Graham Allen** review— ID's FFT as an effective program with troubled families.
- **DFE** Dept of Family Education
- **NICE** National Institute of Clinical Excellence

• How It Works

- *We are like the Architects and Contractors*
- *Our Partners are like the actual Builders*
- *Master Plan re when and how to pull in materials, people, how to match with local building codes, the land, ..*
- *FFT itself provides the Building Blocks (Elements, Phases)*
 - *First, preparation = Foundation (E)*
 - *Getting everyone on board / ready (M)*
 - *See how it fits together, in this instance (A)*
 - *Fit it together internally (BC)*
 - *Tie it into the community systems (Gen)*

- Bryan Samuels, Commissioner Admin C,Y,F
 - Miller E.A, Green A.E....2011
 - Griffen et al 2012
 - Casaneura et al 2011 psychotropic
- Dean Fixen