

When the FFT Project plans for a FFT Clinical Training Series, the FFT Project will use data from CW, JC, and the FFT Clinical Service System (CSC), to determine the need for additional therapists to serve in all regions across the state.

The FFT Project budgets for two FFT Clinical Training Series, each fiscal year. The FFT Clinical Training Series starts in the Fall and late Spring, the FFT QA Administrator informs the CW Regional Service Array Consultants when there is a scheduled training. Additionally, the goal of the FFT Project is to be fiscally responsible; to ensure we meet our goal we will adhere to FFT Project training requirements.

As a contracted DCYF/CW provider, we encourage you to reach out to Karen Brown, FFT QA Administrator in regards to therapist and training requirements, and the registration process and inform her of your needs for a FFT therapist. [Karen.brown@dcyf.wa.gov](mailto:Karen.brown@dcyf.wa.gov) Cell 360.338.2178

### **Overview of the FFT Clinical Training Series:**

The FFT Clinical Training Series is a commitment and will take at least 1 year to complete. The Series consist of the Initial Clinical Training (20 hours) and three Follow-Up Trainings (thirteen hours each) in WA State. Therapists are required to commit to all four mandatory trainings, before registering for the Training Series.

Below is an outline of the four trainings, for the Clinical Training

**FFT is a 5-phase model** – Engagement, Motivation, Relational Assessments, Behavior Change, and Generalization. Each phase has specific set of goals, skills, focus, and activities to complete before transitioning to the next phase.

Additionally, FFT utilizes the Clinical Service System (CSS), in which the therapist inputs the work they are doing with each family. (Session notes and plans, contacts, and model assessments). The CSS is an integral training tool for the therapist as they learn the FFT model, along with their weekly FFT consultation with their FFT team, and seeing families weekly.

### **FFT Initial Clinical Training: 3-days**

Engagement, and Motivation Phases – goals, skills, and techniques

#### **Clinical Service System (CSS) Training**

Relational Assessments Phases and how to navigate and input data in the CSS.

**Therapist start seeing families immediately after the first training – required to have at least 4 or more clients waiting for service.** *\*Therapists are required to maintain a FFT mandatory caseload: Part-time average of 5-6 cases (20 hours a week) and Full-time average 10-12 cases (40 hours a week).*

### **Follow Up #1: 3 days**

Review of the Motivation and Relational Assessments Phases

Focus on Behavior Change Phase – goals skills, and task

### **Follow Up #2**

Review of the Relational Assessments and Behavior Change Phases

Focus on the Generalization – goals, skills, and tasks.

### **Follow Up #3**

Review of all 5 phases of the model (Engagement, Motivation, Relational Assessments, Behavior Change, and Generalization )

The Follow Up trainings are interactive and provides therapists the opportunity to staff cases, as they learn the goals, skills, focus, and activities of each phase.