

## **Implementing the FFM Individually**

The majority of interventions and activities in the *Forward-Focused Model* are designed to be facilitated either individually or in groups. The group-based activities that are part of the *FFM* are designed to be more powerful as a result of having a group experience, however, groups are not a prerequisite to implementing the FFM, especially for community-based and outpatient therapists. You can simply adapt the specific group exercises for use individually.

The *Individual Treatment Delivery Guide* provides specific details to assist you in delivering specific components of the FFM individually.



# FORWARD-FOCUSED TREATMENT MODEL<sup>©</sup>

## *Individual Treatment Delivery Guide*

<b>FFM Treatment Component:</b>	<b>Delivery as Designed:</b>	<b>Adaptations for Individual Delivery:</b>
<i>Case Conceptualization</i>	Individual	None Needed
<i>Treatment Stage Work</i>	Individual	None Needed
<i>Treatment Stage Groups</i>	Group	Review treatment stage work during individual sessions, prompting more discussion and exploration of issues, as needed; the cumulative stage activity (e.g., My Story) is presented during an individual session to the clinician
<i>Specialized Group Therapy Curriculum</i>	Group	Facilitate the specialized curricula individually replacing group-based prompts with individual prompts
<i>Individual and Family Therapy</i>	Individual and Family	None Needed
<i>Family Support Forums</i>	Family Groups	If treating more than one adolescent using the FFM, combine family members of different adolescents to create a small group forum or work collaboratively with another clinician using the FFM to create a small group forum; if only treating one adolescent with the FFM, follow the <i>Family/Support Forum Guide</i> instructions and deliver the Forum individually
<i>Plant and Pet Therapy</i>	Individual	None Needed
<i>Biblio-therapy</i>	Individual or Group	None Needed; Use the <i>Facilitated Questions</i> guide ( <i>FFM Facilitator's Manual</i> ) to prompt further exploration and discussion just as you would in a group-based format
<i>Movie Therapy</i>	Individual or Group	For individual delivery, have the adolescent watch the film with a sibling, friend or independently, and use the <i>Facilitated Questions</i> guide during an individual session to prompt further exploration and discussion just as you would in a group-based format
<i>Experiential Group-Based Activities</i>	Group	Facilitate the activities during individual sessions, eliminating <i>The Power of Group Exercise</i> ; collaboratively participate with the adolescent in the other activities (e.g., <i>Popping Gender Messages</i> , <i>Hot Topics</i> ).