

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[©]

Individual Treatment Delivery Guide

| FFM Treatment Component: | Delivery as Designed: | Adaptations for Individual Delivery: |
|---|------------------------------|--|
| <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>). |