



Family
Centered
Treatment
Foundation®

Understanding Family Centered Treatment®

FCT partners with all members of the family to learn about what's working and what you'd like to see change. We find strengths you already possess and use them to reach the goals you're working towards. Every family is unique and valuable! Let's uncover those values, practice new skills, and bring hope for the future.



JOINING Getting to Know You

- We want to get to know you, and want you to become comfortable with us.
- We need to understand from you what you think needs to be addressed!
- You get to tell us what's working and not working for your family.
- We help you look at your family differently so solutions become possible.



RESTRUCTURING Making Changes

- We provide you with activities and suggestions that can help change or improve the way your family interacts with each other.
- You give us feedback about how things are changing and what we need to adjust.
- We have you practice our suggestions in our presence so we can keep you on track or adjust as needed so you learn new skills!



VALUING CHANGE We Did It By Ourselves

- You are able to use your new skills every day, even when we aren't in your home.
- You start to internalize and make the changes on your own so they last.
- You can handle situations without needing assistance from us!
- We work together to start to prepare you for continuing your progress after our time with you is completed.
- You get the opportunity to give back to others.



GENERALIZATION Planning for Difficult Times

- It's time to say goodbye!
- You're prepared with a plan to keep moving forward and are more than ready to do it without us!

Let's celebrate!!!

Learn more at www.FamilyCenteredTreatment.org



Expand our
Reach



Strengthen
the Culture
of Diversity,
Equity and
Inclusion



Measurably
Change
Lives



Invest in
our People