

Restoring High Conflict Families Through Functional Family Therapy (FFT)



About Us



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“ I hit you because I love you. It's for your own good.” - Someone



1. Overview of FFT

2. Case Sharing

3. Reflections



Overview of FFT



What is FFT?



Evidence-based family
intervention model



Short-term
and intensive



Targets emotional and
behavioral issues



Delivered within
juvenile justice
and child welfare systems



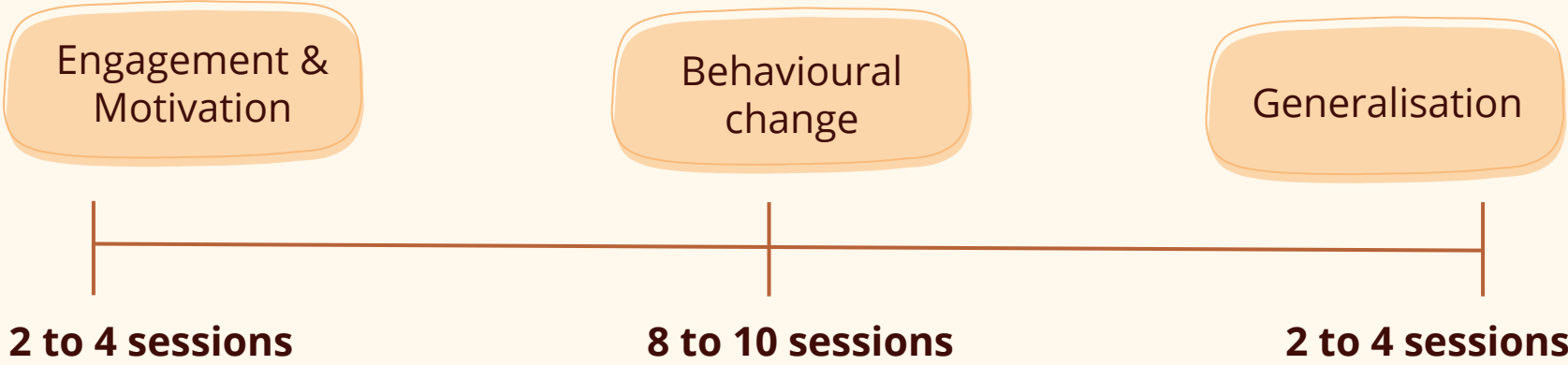
Home-based
therapy



Address risks
by teaching skills



FFT Phases



Service Scope

Family Preservation

Child
Protection

Adoption
Services

Rehabilitation

Pre- Family
Guidance
Order

Probation

Family Reunification

Hostel &
Children
Homes

Youth
Residential
Homes



FFT Core Principles

Adaptable

Allow for customisation based on the family's cultural context and values

Strength-based

Build hope and empower family to utilise their strengths and resources for change

Relational

Focus on family, relationships, interactions, and shared experiences

Collaborative

Child and family are involved together throughout the therapy process



Case Sharing

FFT with a highly conflictual family



The Loh Family

- Dad was abused as a child.
- Ann was raised by grandma and aunt.
- Dad reunited with Ann and became caregiver in 2017.
- Longstanding caregiver conflicts.

Grandmother - Mdm Lee (68yo)
Primary caregiver to Ann



Aunt - Mdm Loh (39yo)
Has mild ID



Father - Mr Loh (40yo)
Has mild ID
Caregiver to Ann



Ann (15yo)
Has mild ID
Raised by grandma and aunt

The "Problems"

Family was referred to FFT to address the concerns of **family violence** and **Ann's safety**.



**Strained
relationships**



**Intergenerational
family violence**



Low income



**Disjointed
family**



**Intellectual
Disability**



**Inadequate
Care**



Family Presentation

Aunt

Tense and reactive
toward dad



Dad

Tend to speak loudly
Blaming and reactive toward Aunt
Easily flustered



Ann

Quiet and withdrawn
Keep looking at grandma
Teared when convo got heated
Smiled when dad tried to joke with her



Grandma

Quiet throughout

FFT Lenses

A magnifying glass with a dark blue frame and a black handle. The lens is white and contains the word "Adapt".

Adapt

A magnifying glass with a dark blue frame and a black handle. The lens is white and contains the word "Strengths".

Strengths

A magnifying glass with a dark blue frame and a black handle. The lens is white and contains the word "Relational".

Relational

ADAPT



SPEAKING LOUDLY
YELLING
CURSING



NAME CALLING
BLAMING

“Stupid! You’re spoiling and ruining Ann again!”

“Adapt” lens

- ★ Understand family culture and dynamics
- ★ Seeing what’s beneath the surface
- ★ Adapting the approach



Overwhelming
Stress
Frustration
Fear
Helplessness
Misunderstood
“Outsider”

Strategies

- ★ Used visuals to guide
- ★ Matching to dad’s energy
- ★ Allowed self-expression
- ★ Reflected emotions
- ★ Highlighted desire for connection

STRENGTHS

“Strengths” lens

- ★ Uncover hidden strengths to build **hope**
- ★ **Empower** family to utilise strengths for change



Strategies

- ★ Highlight strengths
- ★ Reframe behaviours

STRENGTHS

SPEAKING LOUDLY

YELLING

BLAMING

REACTING



PASSIONATE

DETERMINED TO CONNECT

**TAKES FATHER ROLE
SERIOUSLY**

PROTECTIVE

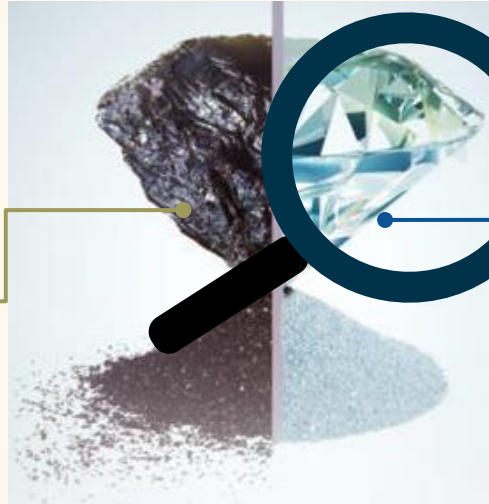
**TREATS ANN AS OWN
DAUGHTER**

STRENGTHS

SILENT

WITHDRAWN

TEARY-EYED



**ABILITY TO REMAIN
COMPOSED**

**PRESERVE PEACE &
HARMONY**

RELATIONAL



“Relational” lens

- ★ Focus on family relationships and interactions
- ★ Notice shared experiences

Strategies

- ★ Relational statements
- ★ Relational themes

RELATIONAL



Protection

"All of you are trying to protect the family in your own ways."

Connection

"Everyone is relentlessly trying to express yourselves to feel heard and understood."

"Dad and Ann desire to be a part of each other's lives."

RELATIONAL



Adjustment

"Dad and Ann are figuring out how to relate to each other."

"Caregivers are figuring out how to work together to support Ann."

"All of you are figuring out what being a family looks like for you."

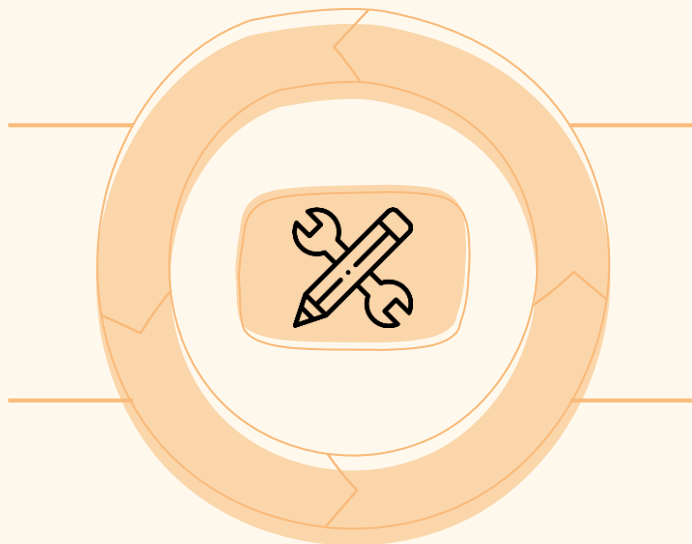
Resilience and Hope

"Amidst the struggles, everyone has remained so committed to the family and determined to make things work."

Taught Skills

**Conflict
Management**

**Emotion
Regulation**



Communication

**Brief Parenting
Strategies**

The Journey

Mr Loh (Dad)

- ★ Calmer
- ★ Increased insight into Ann's needs
- ★ Adopted positive instead of harsh parenting approaches

Mdm Loh (Aunt)

- ★ Became more patient with dad

The family

- ★ Reduced blame and conflict
- ★ Increased understanding and positive interactions between Ann and dad
- ★ Increased caregiver confidence and sustained commitment





Reflections

Takeaways



Relentlessness



Resilience



Relational

A Therapist's Role

“I thought I was protecting you by being tough, but I see now I was just pushing you away.”



“When you shout, it feels like I’m invisible; I just want you to see me for who I am.”





**"Family is not just
an important
thing, it is
everything." -
Someone else**



Thank You