

Why the IFT is an improved TI process

Unlike the traditional Therapeutic Intervention (TI) process, the following advantages may increase therapeutic success:

- Increased collaboration among the multiple therapists involved in the process;
- Reduced strain on the parent-child relationship due to a lapse of time between sessions, reducing the risk of the process being derailed;
- Improved scheduling with all parties and establishing consistency; and
- Elimination of concerns that the TI may function in multiple, and often conflicting, roles.

“Uncoordinated individual parent or child therapy may exacerbate the conflict.”

– Greenberg and Sullivan



The IFT Process

An IFT case manager tailors the program to meet the differing needs of each family. Sessions may be one-on-one, or may include a combination of family members, as recommended by the IFT team. A typical IFT process consists of daily sessions (2-4 hours each day) for 1-2 weeks.

To obtain more information, please contact the case manager at IFT@fceinfo.com

FCE Forensic
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Evaluations, P.L.L.C.

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Intensive Family Transformation (IFT)

The IFT is an intensive 1-2 week program designed to help improve family systems which are adversely affected by separation and/or divorce. The treatment focuses on establishing effective co-parenting, repairing strained parent-child relationships, and strengthening positive family dynamics.



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Benefits of the Intensive Family Transformation (IFT)

1. More effective collaboration between therapists

The court appoints IFT therapists to work with multiple family members towards immediate collaboration and coordination of care. Families benefit from having multiple forensically-trained therapists working together, on-site, towards treatment goals. The provider team is made up of various levels of experienced professionals, allowing for a dynamic and cost-effective team to increase the likelihood of success.

2. Therapists have distinct roles

Each IFT therapist is designated to work in a particular role. A typical treatment team may include a child therapist, co-parenting therapist, family therapist and individual therapists for Mother and Father. Having multiple therapists eliminates the conflicting roles that often inhibit treatment.

3. Child has an advocate

By designating an individual therapist for the child, the child has a greater level of comfort and support, thus instilling more trust in the process.

4. Efficient and Comprehensive

The intense, shortened IFT process allows for deeper issues to be reached more quickly, rather than being handled in the typical court-ordered process — which can last months or even years. At the conclusion of the process, the IFT team issues a detailed report which addresses the treatment process, treatment goals for individual family members, and recommendations for future treatment to maximize progress and long-term family stability. This information can be used by the Court to assist in parenting-time recommendations and legal decision-making in the event of a future legal dispute. In addition, the intensive program generally costs less than the cost of long-term weekly therapy.

“It is very difficult, if not impossible, for one therapist to achieve the desired objectives and meet all of the various, complex and often competing needs of the different family members, let alone assume additional roles, such as arbitrator, which is likely to compromise the practitioner’s effectiveness and neutrality in the eyes of the family.”

– Fidler and Bala

5. Moves resistant clients

The collaboration of multiple therapists working towards the same goals can increase the chances of success with even the most resistant clients.

6. Stabilization

A typical high-conflict family is often so destabilized that assessing and creating appropriate recommendations can be difficult. The IFT focuses on stabilizing the family system so that the necessary changes to promote healthy relationships can begin. If the family is in the midst of a court evaluation, this type of stabilization can allow the evaluator to see a clearer picture of the family dynamics, and recommendations can be made with therapeutic progress already begun.

The IFT Team:

The IFT Team consists of up to seven different mental health professionals at FCE, including Masters and Doctorate level providers.