Main Differences Between PLL and FFT or MST

PLL	FFT	MST
• **Group Therapy + Family Therapy** Lowers parental resistance and reduces isolation, creating a sense of community. Benefits of Family Therapy are greatly augmented because Group Therapy overcomes deficits in core parenting skills.	• **Family Therapy Only** FFT ignores the critical Group Therapy step. The therapist has to work twice as hard to successfully engage each parent, one on one, and move them from pre-contemplation to action.	• **Family Therapy Only** MST ignores this critical Group Therapy step. The therapist has to work twice as hard to successfully engage each parent, one on one, and move them from pre-contemplation to action.

Why is Group Therapy so critical?
Procheska's research on client resistance discovered that parents and youth are resistant to treatment because their therapist does not "start where the client is." Group Therapy does the best job of moving a parent or adolescent from the initial "precontemplative" or *resistant* stage of development to the stages of "contemplation" and "preparation" before the "action" stage is initiated, according to the Stages of Readiness Scale **(see next page).**

PLL	FFT	MST
• **1 Therapist = 15 youth per hr for group therapy. Youth and parent also seen in family therapy** Group Therapy is a gateway to "fast track" clients and to prevent long waiting lists.	• **1 Therapist = 1 youth and parent per hr for family therapy only** Mental health agencies still in same boat; long wait lists because they still see 1 family at a time.	• **1 Therapist = 1 parent and no youth per hr for family therapy only.** Parents are the only ones seen. Youth is left out of the session - A huge tactical mistake.
• **Both Group and Family Therapy Have Step-by-Step Manuals and DVD Clips to Illustrate Steps** Visual and Experiential: short DVD clips custom-designed to lower resistance.	• **No Step-by-Step Manuals** Lack of manuals produces lower treatment fidelity. Therapists lack micro-steps to go from point A to point B.	• **No Step-by-Step Manuals** Provide "fit circles" but therapists complain that there are no clear micro-steps to go from A to B.
• **Front-End Prevention and Back-End Home-Based When Needed** Group + Family Therapy Hybrid	• **Front End Prevention <u>but</u>** use of individual therapists instead of groups lead to long wait lists.	• **Designed for Back-End Only**
• **Micro-Steps to Restore Both Structure <u>and</u> Lost Nurturance**	• Behavioral Contracting **but no** concrete steps to restore lost nurturance.	• Behavioral Contracting but no concrete steps to restore lost nurturance.

THE 6 STAGES OF READINESS FOR CHANGE

Termination – "Anticipatory Guidance and Back-up Plans"

Maintenance or Recycling Stage – "Relapse Prevention or Back on Track"

Action – "The Time is Now"

Preparation – "Getting Battle Ready through Role Plays"

Contemplation – "Stalling, but at least I see that I am part of the problem "

Precontemplation – Window Shopper. "I Don't Have A Problem, It's All My Kids Fault"

FFT and MST Start Here At "Action" Stage-Wrong Move

PLL Begins Here "Starts Where the Client is"- Right Move

Pre-contemplation	Contemplation	Preparation
▸ Do not see that they are part of problem/solution ▸ Feel situation is hopeless ▸ No intention of changing ▸ Want others to change ▸ Others see problem they cannot ▸ Minimize or rationalize	▸ Acknowledge problem and their part in it ▸ Not ready for change yet ▸ Stalling – "analysis paralysis" ▸ Wait for magic sign	▸ Contracting and troubleshooting ▸ Need final reassurances ▸ <u>Dry Run Role Plays</u> ▸ Make final adjustments
Action	**Maintenance**	**Termination**
▸ Person or family tries to change or stop problem ▸ Person or family tries to change environment ▸ Overlooks possible relapses ▸ If relapse or change fails recycles back to one of three earlier stages	▸ Consolidate gains ▸ Relapse prevention-troubleshooting ▸ Potential to recycle is initially high ▸ Communicate that relapse is normal ▸ Goal: Spread moments of relapse further apart	▸ Anticipatory guidance ▸ Letting go of "old self" ▸ Backup plan ▸ When to use tune-ups ▸ Line up support systems and secure a co-therapist

Prochaska, J.O., Norcross, J.C., & DiClemente, C.C. (1994). <u>Changing for Good</u>. New York: Avon Books.