



Welcome to the IFT

The IFT process is intended to help stabilize families with an intensive intervention within a short period. Unlike traditional weekly therapy sessions, the intensive process is intended to reach deeper levels of insight, while pushing through the insight throughout the week.

The process will include a case manager/family/co-parenting therapist who will lead a team of mental health providers. Each parent will be assigned an individual therapist for the intensive process. The child(ren) will be assigned one or more therapists, depending on the particular case needs.

It is important to remember a few expectations for participation in the IFT process.

1. The Court has identified that each parent is fit to parent and shall have contact with the child(ren).
2. The Court has identified an expected parenting schedule that shall be achieved. The IFT process is focused on a primary goal of ensuring the family ultimately follows that parenting plan.
3. The IFT process is intended to assist with both parents having contact with the child(ren) in-line with the Court orders. The IFT team seeks to avoid no-contact orders that some programs have as part of the process. Nonetheless, should either parent not support the Court orders, recommendations for the Court to consider a no-contact order will be considered.

Whole-Family Intervention:

The IFT program seeks to include all family members to stabilize the family. We do not require “no contact” orders with an aligned parent, as we do believe it is in the best interests of the child(ren) to be involved with both parents when the Court has ordered a parenting schedule that includes both parents.

Should the Court on its own decide that on a temporary basis, an aligned parent should not have contact, the IFT team requests permission to include the parent in the IFT process on the condition that the parent will be supportive of the program goals. In such situations, we envision the parent not having unsupervised contact outside of the IFT process (per the Court’s orders) but participating in an effort to re-integrate the aligned parent into the family dynamics in a healthy way. Certainly, following the process, the case manager can advise the Court as to whether the aligned parent cooperated and if it might be possible to proceed with re-integrating the aligned parent post-intensive, into the family dynamic. The case manager can also provide recommendations as to particular conditions of that contact for the Court to consider.

Pre-Intensive week(s):

Prior to the intensive week, you will be asked to complete initial documents. Once completed, your case manager will review the initial documents and conduct intake sessions. Initial individual sessions will be held with each parent and each child.

Based on the initial documents, initial sessions, and review of any relevant documents (e.g., court orders related to anticipated parenting time), and collaboration with the rest of the team, the case manager will develop a process tailored to the family. A treatment plan will be developed that will include treatment goals intended to achieve family stabilization.

Each parent will be asked to write Letters of Commitment to each child that will be read to the child(ren) during the intensive week. The letter will include apologies and commitments from each parent. There will also be an expectation that each family member focus on forgiveness.

Intensive week(s):

It is expected that once the intensive week begins, each family member will commit to insight and working to find family stability. This will include commitment to the Court's orders. The main focus of the week is identification of individual dysfunctional behaviors and commitment to correct those behaviors for the greater health of the family.

The week will include sessions from Monday through Friday. We aim to have sessions after school to minimize the impact on a child's education. Typically, sessions will occur between 2:00 and 6:00 p.m.

Sessions will occur simultaneously. Depending on the particular family needs, sessions might include individual sessions, joint sessions with a child and parent, family sessions, co-parenting sessions, etc.

Many of the sessions will be therapeutic in nature. However, integrated within the sessions during the week will be activities for the family and psychoeducation.

By Friday, it is expected that the family will be prepared to begin contact with the child(ren) and the estranged parent. This will include either immediate participation in the anticipated parenting schedule or a plan to escalate to that schedule.

Upon the conclusion of the intensive week, the case manager will prepare an update to the Court. This will include recommendations for what should occur post-intensive to ensure continued family stability.

The intensive will also include participation with the attorneys and the Court.

This includes:

- A teleconference with legal representatives on Tuesday morning during the intensive week to discuss the status of the process and any identified concerns. Should either parent not be participating as expected, such will be addressed during this call.
- A Court status conference post-intensive. This will be scheduled in advance of the intensive week and is intended to include a discussion about progress during the intensive as well as addressing any recommendations made at the end of the intensive.

Post-intensive work:

Based on family needs, it is anticipated that there will be continued, but de-escalating, therapeutic need. Recommendations for the post-intensive work will be made as part of the update to the court.