

Sample FFT Therapist Interview Questions

1. Please outline the reasons you believe you could be a family therapist and provide FFT.

Answer should contain some indications that the therapist believes that changing the behavior of adolescents, especially offenders, is best done through the family.

Also, the therapist must be willing to adopt a therapy model that may be different from what is already being done.

2. Please describe your beliefs about work with families in mental health or juvenile justice.

Answer should reflect the therapist's ability to work with offender and/or clients with mental health issues and be able to reduce blame toward the adolescent or parent, but maintain responsibility for criminal behavior/general behavior issues.

3. What assets do you bring to FFT therapy?

Answer should indicate background or skill in helping people change. FFT suggests a graduate degree and training, experience in the juvenile justice field, experience working with individuals with chemical dependency, mental health disorders, etc. Candidate must express a belief that individuals can change.

4. What would you do as a therapist if you were struggling with the FFT model?

Answer must indicate that the therapist would seek feedback and support from other FFT therapists and that he or she is willing to receive and act on feedback.

5. What difficulties might you expect to encounter in transitioning to the position of FFT therapist?

Applicant might indicate struggle to practice within a model, may have concerns about working with an offender population. This is appropriate as it shows awareness of weaknesses. A follow-up question might be how the applicant would overcome the challenges.

6. How would you partner with a parole counselor or probation officer when you are both working with a challenging family?

The applicant should stress the importance of communicating and sharing common goals. While an applicant may not know much about the juvenile justice system, the applicant must show willingness to work with other systems to increase the likelihood of success for the family.