



## FFT Certification for Private Practice Training Overview/Certification Requirements

---

**Goal: Gain the knowledge and ability to practice FFT in a private practice setting through:**

- Online and live training to gain the theory and knowledge of FFT
- Translating knowledge into practice training using video tapes and case consultation

### **New FFT Therapist Certification Requirements:**

- Initial webinar to explain the program, share expectations and “problem solve” specific issues.
- Complete the initial Adaptware training and webinar (40 hours on-line e-learning program)
- Consultation - Required 90 min. bi-weekly consultation calls for the first four months. 1x month for remaining 8 months
- 3-5 active cases throughout training
- Minimum 5 successful completed cases for certification
- Use of Care4 for all FFT cases
- 6 month review/feedback of FFT work (using the training and adherence summary (30 min).
- Tape review - 2 video/audio tape sessions submitted (1 every 6 months for review, fidelity assessment & feedback by the consultant.
- Advanced training - Two 3 hour online trainings (Adaptware e-learning platform) and one 3 hour live webinar training.
- Certification based on successful completion of course requirements (certification renewed every 2 years).

### **Number of Hours:**

- Adaptware - 40 hours online
- Consultation - 20 hours
- 6 month review - 2 hours
- Tape feedback - 3 hours
- Advanced training - 10 hours

**Total - 75 hours**

### **Recertification (every 2 years)**

- Maintain minimum of 3 active cases (during the 2 year period)
- Use of Care4 for all FFT cases (95% use)
- Submit case data to demonstrate successful case outcomes (recertification application)
- Consultation- join the monthly ongoing consultation calls at min. 6 times/year
- Advanced training - One 3 hour online training (Adaptware e-learning platform) and one 3 hour live webinar training.

### **Number of Hours (across 2 years):**

- Advanced training – 6 hours
- Consultation – 12 hours

**Total - 18 hours**