Family Behavior Therapy (FBT)

The purpose of this document is to provide a brief overview of Family Behavior Therapy based on the information available in The Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The content presented in this brief was retrieved from SAMHSA’s NREPP. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit http://www.nrepp.samhsa.gov/.

What is it?
Family Behavior Therapy (FBT) is an outpatient behavioral treatment aimed at reducing drug and alcohol use in adults and youth that derives from the Community Reinforcement Approach and includes a validated method of improving enlistment and attendance. Participants attend therapy sessions with at least one significant other, typically a parent (if the participant is under 18) or a cohabitating partner. Treatment typically consists of 15 sessions over 6 months; sessions initially are 90 minutes weekly and gradually decrease to 60 minutes monthly as participants progress in therapy.

FBT includes several interventions including:
1. The use of behavioral contracting procedures to establish an environment that facilitates reinforcement for performance of behaviors that are associated with abstinence from drugs
2. Implementation of skill-based interventions to assist in spending less time with individuals and situations that involve drug use and other problem behaviors
3. Skills training to assist in decreasing urges to use drugs and other impulsive behavior problems
4. Communication skills training to assist in establishing social relationships with others who do not use substances and effectively avoiding substance abusers
5. Training for skills that are associated with getting a job and/or attending school

Who is it for? What presenting problems does it address?
Youth, adults, and parents with alcohol and substance abuse issues along with common co-occurring problem behaviors such as: depression, family discord, school and work attendance, and conduct problems in youth.

What outcomes are addressed in the research?
1. Drug use
2. Alcohol use
3. Family relationships
4. Depression
5. Employment/school attendance
6. Conduct disorder symptoms

June 2013
www.nrcpfc.org
How much does it cost?*
*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Please check with the implementation point of contact for current cost information and implementation requirements.

1. Family Behavior Therapy: A Step-by-Step Approach to Adolescent Substance Abuse (manual that includes CD-ROM with protocol checklists and program forms): $48 each
2. Family Behavior Therapy: A Step-by-Step Approach to Adult Substance Abuse (manual that includes CD-ROM with protocol checklists and program forms): $48 each
3. Initial 2-day, on-site training workshop: Contact Developer
4. 1-day, on-site booster workshop: Contact Developer
5. Annual case reviews: Contact Developer
6. Annual audiotape integrity checks: Contact Developer
7. Half-day, on-site consultation to review FBT clinic integration: Contact Developer

For additional information and resources on Family Behavior Therapy, visit:

- SAMHSA’s National Registry of Evidence-based Programs and Practices: Family Behavior Therapy
  http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=113

- The California Evidence-Based Clearinghouse for Child Welfare: Family Behavior Therapy for Adolescents (FBT)
  http://www.cebc4cw.org/program/family-behavior-therapy-for-adolescents/
  This webpage provides detailed information about FBT for adolescents, including its scientific rating on the CEBC’s Scientific Rating Scale.

- Family Research & Services
  http://web.unlv.edu/labs/frs/index.html

Implementation & Research:
Bradley Donohue, Ph.D. • (702) 557-5111 • bradley.donohue@unlv.edu