



# Getting out of the pit

Case study: FFT-CW®

**Uniting**



## The Family Profile

When referred to Uniting for Functional Family Therapy – Child Welfare (FFT -CW®), the Tupou\* children were living with different family members as a result of the poor living conditions at home.



Their father, William\*, was motivated to get his family back together as he was conscious it wasn't right for his children to live apart from each other or without their parents.

William and his wife's (Ruby\*) experience prior to FFT- CW® was described as "being stuck in a pit". William had one hand on top of the pit, and the other hand trying to hold Ruby up. They had spent years trying to get out of this pit, but they kept getting pulled down.

The mother felt responsible for the family's referral. Ruby's personal history involved drug misuse and childhood sexual abuse.



## The Result

The FFT -CW® therapist worked with Ruby to reduce her anxiety, blame and negativity. The family developed a relationship with their therapist that allowed them to see her as someone that would help them get out of the pit.

Finding safe and affordable housing became Williams' priority and he was able to secure suitable accommodation for the Tupou family at the start of the program.

Since the completion of the program Ruby has stopped using drugs and has remained abstinent. She has engaged with Drug and Alcohol Counseling services and has continued to work with the FFT -CW® therapist to develop a relapse plan.

Ruby is now taking on more of a parenting role, which has allowed her eldest child to focus on her own needs rather than parent her siblings. The parents have also become more supportive of their children's educational needs.

Both parents are very grateful for the support they've received: **"At the first meeting we felt that it was something completely different that we have not been exposed to before and we felt that the weight has been lifted off our shoulders."**, said Ruby.

The Tupou family continues to make progress with the support of Uniting and FACS.