

FFTA



Foster Family-based Treatment Association

## Practice Approaches in Treatment Foster Care

**Name of Practice Approach:**

Parenting with Love and Limits

**Target Population(s):**

Youth, ages 10-18

**Primary focus of intervention:**

Addressing previous trauma

Approaches to behavior management

Treatment parents as key providers/change agents

**Program Description:**

Parenting with Love and Limits (PLL) combines group therapy and family therapy into one continuum of care to treat children and adolescents, ages 10-18, who have severe emotional and behavioral problems (e.g., conduct disorder, oppositional defiant disorder, attention deficit/hyperactivity disorder) and frequently co-occurring problems such as depression, alcohol or drug use, chronic truancy, destruction of property, domestic violence, or suicidal ideation. PLL teaches families how to reestablish adult authority through consistent limits while reclaiming a loving relationship. It includes six multifamily sessions, conducted by two facilitators that employ group discussions, videotapes, age specific breakout sessions, and role plays. Individual families also receive intensive 1 to 2 hour family therapy sessions based on a structural-strategic model in an outpatient or home-based setting to practice the skills learned in groups.

**Types of outcomes, if any:**

Data supporting practice

**Outcomes information (if provided):**

<http://www.nrepp.samhsa.gov/SearchResultsNew.aspx?s=b&q=Parenting%20with%20Love%20and%20Limits>

<http://www.ojjdp.gov/mpg/mpgProgramDetails.aspx?ID=463>

<http://www.gopll.com/?id=Research>

**Reference materials, if any:**

Training curricula

Program plan

Program manual

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**Does the organization submitting information on this model provide training and consultation on this practice approach?**

Yes

**Creator of practice approach:**

Dr. Scott P. Sells, Savannah Family Institute, Inc.

**Web site for the practice approach (if available):**

[www.gopll.com](http://www.gopll.com)

[www.difficult.net](http://www.difficult.net)

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