

# Attachment-Based Family Therapy (ABFT) Introductory Workshop November 28 – 30, 2017

Co-sponsored by Department of Couple and Family Therapy at Drexel University College of Nursing and Health Professions  
and Drexel University College of Medicine Behavioral Health Education & Garrett Lee Smith Grant

**Day 1 - November 28, 2017 – 9:00-5:00 One Day Overview Workshop**  
***Grove City IU – 453 Maple Street, Grove City, PA***  
**(Day 1 - SAP Team Members, SAP Liaisons & Mental Health Professionals)**

**Days 2 & 3 - November 29-30, 2017**  
**Training Workshop Continued Intensive Training**  
***Mercer County Behavioral Health Commission***  
***8406 Sharon-Mercer Rd., Mercer, PA***  
**(Day 2 & 3 Those Wishing to Pursue ABFT Training)**

**This is a Free Training.**  
**Continuing Education credit available:**

Fees:

APA: \$35 per certificate  
LMFT, LCSW, LSW, & LPC: \$20 per certificate.

## Attachment Based Family Therapy (ABFT)

ABFT is the only manualized, empirically informed family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression. ABFT emerges from interpersonal theories that suggest adolescent depression and suicide can be precipitated, exacerbated or buffered against by the quality of interpersonal relationships in families. It is a trust-based, emotion-focused psychotherapy model that aims to repair interpersonal ruptures and rebuild an emotionally protective, secure-based parent-child relationship. Treatment is characterized by five treatment tasks:

Reframing the therapy to focus on interpersonal development

- Building alliance with the adolescent
- Building alliance with the parents
- Facilitating conversations to resolve attachment ruptures
- Promoting autonomy and competency in the adolescent.

## Overview of the ABFT Workshop

This is an ABFT workshop presented by the Drexel ABFT Training Program. On Day One, we will offer an overview of the model including theoretical principles and clinical strategies. Faculty will review how attachment theory, emotion regulation, and trauma resolution inform the delivery of this experiential treatment approach. We also review the goals and structure of the five treatment tasks that provide a road map for delivering this interpersonally focused psychotherapy effectively and rapidly. Enrollment for Day One is unlimited (as permitted by space).

Teaching format on Day One includes lecture and video examples. For those interested in more intensive training, Days Two and Three provide a more in-depth look at the procedures and process involved in facilitating the



therapy. The teaching format includes lecture, video tape review, case discussion, and role play. There is limited enrollment for these two days.

The full three-day workshop is the beginning of a one-year credentialing program for those interested in ongoing supervision. Commitment to continue is not required for participation.

### **Who Should Attend?**

Counselors, Couple and Family Therapists, Health Care Administrators, Mental Health Professionals, Psychiatrists, Psychologists, Psychotherapists and Social Workers.

### **Overall Program Objectives:**

At the completion of the workshop participants should be able to:

#### Day One:

- Discuss the theoretical foundation of ABFT
- Describe the five treatment task structure of the model
- Describe how to organize therapy around interpersonal growth rather than behavioral management

#### Days Two & Three:

- Discuss the importance of each of the five treatment tasks
- Describe the specific phases within each treatment task
- Apply specific strategies for facilitating the repair of interpersonal ruptures.



### **PRESENTER:**



#### **Guy S. Diamond, PhD**

Guy Diamond, PhD is Professor Emeritus at the University of Pennsylvania School of Medicine and Associate Professor at Drexel University in the College of Nursing and Health Professions. At Drexel, he is the Director of the Center for Family Intervention Science (CFIS). Dr. Diamond is the primary developer of Attachment-Based Family Therapy. He has received several federal, state and foundation grants to develop and test this model. Along with his co-authors, Drs. Gary Diamond and Suzanne Levy, Dr. Diamond has written the first book on ABFT, *Attachment-Based Family Therapy for Depressed Adolescents*, published by the American Psychological Association on October 2013.

### **Contact Hours and Accreditation Statement**

Drexel University's Couple and Family Therapy Department is a Pre-approved Provider by the Pennsylvania State Board of Social Work, Marriage and Family Therapy and Professional Counselors of Continuing Education Credits. For LMFT, LCSW, LSW, and LPCs: The workshop qualifies for the following continuing education credits: 7 CEU's for Day One only, 12.5 CEU's for Days two and three only, and 19.5 total CEU's for all three days. A Certificate of Participation will be emailed after the presentation to all who attend and follow protocol for registration and evaluation forms.

Drexel University Couple and Family Therapy Department maintains responsibility for the program and content. Accreditation does not imply that Drexel College of Nursing and Health Professions approves or endorses any product included in the educational activity.



#### **APA (Psychology):**

Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Drexel University College of Medicine, Behavioral Healthcare Education maintains responsibility for the program and its content. This program is being offered for 6.5, 12, or 18.5 hours of continuing education.

**For more information on the ABFT Training Program:**

[www.drexel.edu/abft](http://www.drexel.edu/abft)

**For additional information and online registration visit:**

[www.mercercountybhc.org](http://www.mercercountybhc.org)

**Or contact Melanie Moyer at:**

[melanie.moyer@mcbhc.org](mailto:melanie.moyer@mcbhc.org)

# Attachment Based Family Therapy Workshop

## Day 1

9:00am - 10:30am	Introduction, Theory and Overview of ABFT
10:30am - 10:45am	Break
10:45am - 11:45am	Task I: Relational Frame
11:45am - 12:45pm	Lunch
12:45pm - 1:45pm	Task II: Alliance Building with the Adolescent
1:45pm - 3:00pm	Task III: Alliance Building with the Parent
3:00pm - 3:15pm	Break
3:15pm - 4:30pm	Task IV: Attachment Task
4:30pm - 5:00pm	Task V: Autonomy Promoting Task
5:00pm	Evaluations

## DAY 2

9:00am - 10:00am	Task I: Relational Frame – Video Review & Discussion
10:00am - 10:15am	Break
10:15am - 12:15pm	Task I: Relational Frame – Video Review & Discussion (continued)
12:15pm - 1:00pm	Lunch
1:00pm - 1:30pm	Task I: Relational Frame Role Play
1:30pm - 3:00pm	Task II: Alliance Building with the Adolescent Alone Video Review & Discussion
3:00pm - 3:15pm	Break
3:15pm - 4:30pm	Task II: Alliance Building with the Adolescent Alone Video Review & Discussion (continued)
4:30pm	Adjourn

## DAY 3

9:00am - 10:00am	Task III: Alliance Building with the Parent Alone Video Review & Discussion
10:00am - 10:15am	Break
10:15am - 11:45pm	Task III: Alliance Building with the Parent Alone Video & Discussion and role play
11:45pm - 12:45pm	Lunch
12:45pm - 2:15pm	Task IV: Attachment Task Video Review & Discussion
2:15pm - 2:30pm	Break
2:30pm - 3:30pm	Task IV: Attachment Role Play
3:30pm - 4:30pm	Task V: Autonomy Promoting Task Video & Discussion
4:30pm	Evaluations