



Rehabilitation and Community Providers Association

Attachment Based Family Therapy Workshop (Updated)

Tuesday, February 27, 2018 – Day One Workshop
Tuesday and Wednesday, March 20 & 21, 2018 – Day Two and Three Workshop

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; and
- Promoting autonomy and competency in the adolescent.



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 two-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; and
- 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; and
- Apply specific strategies for facilitating the repair of interpersonal ruptures.



PRESENTERS:



Suzanne A. Levy, PhD (Day 1)

Dr. Levy is a licensed clinical psychologist and Training Director of the ABFT Training Program at Drexel University's College of Nursing and Health Professions. Dr. Levy conducts ABFT training workshops and supervision for therapists nationally and internationally. She also oversees the ABFT treatment in the Drexel Center for Family Intervention Science's clinical trials. Along with her colleagues, Drs. Guy Diamond and Gary Diamond, she is a co-developer of the first ABFT treatment manual titled ***Attachment-Based Family Therapy for Depressed Adolescents***, published in October 2013 by the American Psychological Association.



Guy S. Diamond, PhD (Days 2 & 3)

Currently a visiting professor and Interim Director of the PhD program in the Couple and Family Therapy department at Drexel University's College of Nursing and Health Professions, Dr. Diamond is the primary developer of — and has received support from — several state and national foundations to fund his work on ABFT. Along with his colleagues Drs. Gary Diamond and Suzanne Levy, Dr. Diamond's first ABFT treatment manual, titled ***Attachment-Based Family Therapy for Depressed Adolescents***, published in October 2013 by the American Psychological Association.

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 CEUs for day one only;
- ❖ 12.5 CEUs for days two and three only; and
- ❖ 19.5 total CEUs for all three days.

A certificate of participation will be awarded at the end of 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, 12.25, or 18.75 hours of continuing education.

Disclosure Statement

All planners and presenters are required to disclose to the audience (1) any significant financial relationships with the manufacturer(s) of any commercial products, goods, or services and (2) any unlabeled/unapproved uses of drugs or devices discussed in their presentations. Such disclosures will be made in writing in the course presentation materials.

Commercial Support

No commercial support was received for this program.

Cancellation and Refund Policy

Due to a limited registration of 30 participants on December 5 & 6, there will be no cancellation refund. Substitutions are welcomed.

Cost of Program

- [REGISTER HERE for Day One](#)

Tuesday, February 27 – Day One Workshop

9:00 am – 4:00 pm

(Unlimited amount of registrants)

Member Rate: \$200

Non-Member Rate: \$250

CE Fee \$ 40

- [REGISTER HERE for Full Three Days](#)

Tuesday, February 27, AND Tuesday & Wednesday, March 20 & 21

(FULL Three Day Workshop)

9:00 am – 4:00 pm (each day)

(Days 2 & 3 – limited to 30 registrants)

Member Rate: \$475

Non-Member Rate: \$625

CE Fee \$ 40

Tuition Includes

- Presentation slides and additional ABFT Training aides for those attending Days 2 and 3
- Refreshment breaks

Hotel Information

RCPA has secured lodging with the [Best Western Premier Hotel & Conference Center](#), 800 East Park Drive, Harrisburg, PA 17111. Attendees must make their own arrangements for lodging. Hotel reservations should be made directly with the Best Western Premier and course participants are eligible to receive the special RCPA rate of \$95.95 per night.

- **February Date:** Call 1-717-735-9397 using **Group Code 305115** for our discounted room rate of \$89.95 plus tax.
- **March Dates:** Call 1-717-735-9397 using **Group Code 305116** for our discounted room rate of \$89.95 plus tax.

Questions

For questions on registration information, please contact Robena Spangler [via email](#) or call 717-364-3280.