

# ABFT Day 1 Schedule

All workshop sessions are appropriate for beginning, intermediate and advanced levels of training.

\*\*Times are approximate and subject to change.

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