Attachment-Based Family Therapy (ABFT):

**Advanced Workshop ◆ Three Day Training**

**Background:**
ABFT is a manualized, empirically supported 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.

**Aims of this Programme:**
The Advanced Workshop will further develop the skills of therapists who have started using ABFT with their clients. The training is a follow-up, intensive, workshop with some didactic presentations. Participants will learn about the use of emotion-focused skills in the context of ABFT as well as discuss and explore person of the therapist issues impacting one’s work. During the advanced training, a certified ABFT trainer provides supervision via live supervision (when possible), and role-play. In preparation, we ask therapists to think about their biggest challenges in utilizing ABFT with families in Tasks 1-5.

The program objectives are:
- To discuss the theoretical foundation of ABFT
- To discuss the importance of each of the five treatment tasks
- To describe how to organise therapy around interpersonal growth rather than behavioural management
- To apply specific strategies for facilitating the repair of interpersonal ruptures

**Facilitator: 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) and the former Director of the PhD program in Couple and Family Therapy. 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.
Cost:

3 day advanced programme
£600.00 per person – including materials and refreshments
£500 Early bird registrations until July 31st.

Who can Apply:

This training is for the following clinicians: Counsellors, Family Therapists, Mental Health Professionals, Psychiatrists, Psychologists, Psychotherapists, and Social Workers who have attended the 3-day Introductory ABFT Workshop.

For enquiries or to apply please contact the training administrator

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www.national.slam.nhs.uk/services/camhs-eatingdisorders