

ALTERNATIVES FOR FAMILIES: A COGNITIVE BEHAVIORAL THERAPY

INITIAL 2.5-DAY COMPREHENSIVE
DIDACTIC/EXPERIENTIAL TRAINING
APRIL 30-MAY 2, 2019



WHAT YOU GET

- Expert training in an evidence-based, family-centered, trauma-focused treatment
- A way to address family conflict, coercion, hostility, aggression, child physical abuse
- A structured way to teach individual & family skills

WHAT YOUR CLIENTS GET

- Strengthened relationships and safety routines through coordinated, structured training
- Improved communication & problem solving skills
- Help for parents in supporting & disciplining children
- Help for children in managing difficult emotions & responding to interpersonal challenges

TRAINING DESCRIPTION

- 2.5 days of intensive instruction and roleplay
- Monthly clinical consultation for 1 year
- Detailed feedback on submitted session audio
- Q&A by e-mail
- 0.5 days of advanced training
- Access to AF-CBT resources like assessment scoring applications, extra handouts, and more

TARGET AUDIENCE

Mental health professionals with a Master's degree or higher

TRAINING SCHEDULE

April 30: 9:00AM – 4:00PM

May 1: 9:00AM – 4:00PM

May 2: 9:00AM – 1:00PM

REGISTRATION FEE

Registration for training and consultation costs \$1,600 per participant. Sign up before **March 31st** for a **\$200 Early Bird discount!**

LOCATION

University Club, Conference Room A
123 University Place
Pittsburgh, PA 15260

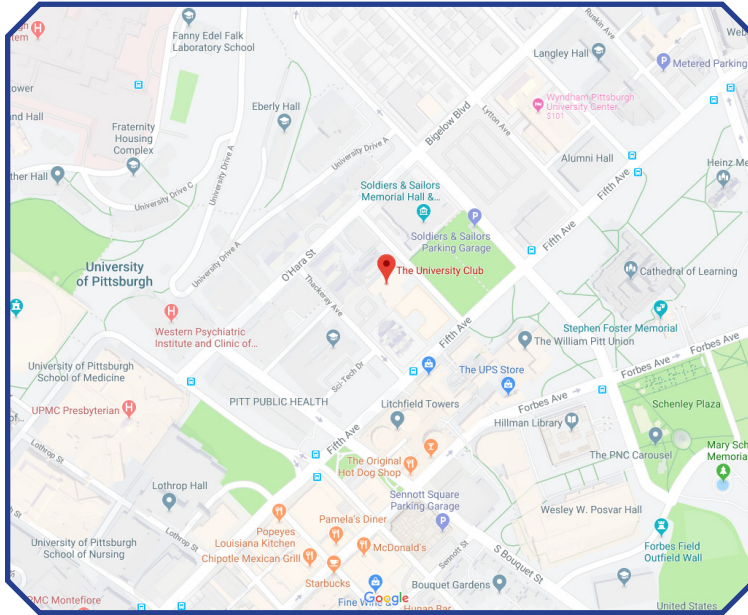
SIGN UP TODAY

- Visit www.afcbt.org/training/sign-up-for-training or scan the QR code above
- Complete the **Training Request form**
- When asked, use survey code **PITTSRING19**

 AlternativesforFamilies  AFCBT_PA

www.afcbt.org

LOCATION MAP



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UNIVERSITY CLUB



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COMPONENTS OF AF-CBT

To reach a family's individualized goals, treatment providers deliver content in 3 phases: **1) Engagement & Psychoeducation, 2) Individual Skill-Building, & 3) Family Applications.** Providers teach skills on 12 specific topics designed for the caregiver, child, or both together, as follows:

- Alliance Building**
- Learning About Feelings & Family**
- Talking About Parenting**
- Emotions & Relaxation**
- Reviewing Thoughts**
- Noticing Positive Behavior**
- Assertiveness & Social Skills**
- Techniques for Managing Behavior**
- Imaginal Exposure**
- Verbalizing Healthy Communication**
- Enhancing Safety**
- Solving Family Problems**

LEARNING OBJECTIVES

With AF-CBT training, participants will be able to:

- identify families appropriate for AF-CBT
- administer, score, & interpret standardized measures appropriate for AF-CBT & provide feedback to families based on the results
- use functional behavioral analysis & integrate these findings in AF-CBT treatment planning & delivery
- educate caregivers & youth to overcome barriers to treatment participation
- incorporate into treatment the history, culture, needs, and developmental capacities of the child or caregiver being served

ABOUT CONSULTATION

Consultation is provided to support providers using AF-CBT in their practices. During this period, participants are expected to carry at least 2 AF-CBT cases, use assessments, present on calls, & receive feedback and direction. Calls are 1 hour long & occur monthly for 12 months. Attendance of at least 9 consultation calls & provision of 2 session audio recordings for trainer review is required for training completion.

ABOUT THE TRAINER

Training will be presented by Barbara Baumann, PhD., a University of Pittsburgh faculty member and experienced AF-CBT trainer with 40 completed trainings.

PREPARE FOR TRAINING

To prepare for AF-CBT training, participants must:

- Complete the **Pre-Training Assessment** form, which can be found at www.afcbt.org/training/online%20training%20links.
- Complete the **Pre-Training Orientation** videos and quizzes at learn.nctsn.org/course/index.php?categoryid=70

LEARN MORE

For more information, visit www.afcbt.org or follow us on social media.



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