

WEBINAR: The Use of Attachment-based Family Therapy for Adolescents Struggling with Depression & Suicidal Thoughts

Webinar Overview:

ABFT is a brief, empirically supported family based treatment for depressed and suicidal adolescents. Most manualized family therapies target externalizing disorders and most manualized treatments for youth depression focus on CBT and medication. Thus, ABFT is the first family therapy model developed, tested and disseminated for adolescents with internalizing disorders. Sensitive to issues of cultural diversity and their impact on family functioning, the model is a trust-based, emotion-focused psychotherapy, yet builds on specific goals and tasks that provide treatment structure.

ABFT grows out of the clinical tradition of Structural/Multidimensional Family Therapy and Emotionally-focused therapy. Attachment theory however, provides the theoretical framework to understand and guide the clinical process. Rather than focus initially on symptom reduction, ABFT therapists

assume that, for many adolescents, depression/suicide is a coping response to family or environmental stress.

Although the therapy is trauma-focused, it is brief, structured, yet flexible. Treatment is characterized by five tasks: a) relational reframe, b) adolescent alliance, c) parent alliance, d) attachment and e) promoting autonomy.

Using case studies, videos and discussion, this workshop will provide an overview of the theoretical principles, research support and clinical strategies of ABFT. We will review how attachment theory, emotional regulation, and trauma resolution inform the delivery of this experiential treatment approach. We will teach the five treatment tasks that provide a roadmap for delivering this interpersonally focused, depth psychotherapy, effectively and rapidly.

Participants will learn how this model helps families repair interpersonal ruptures that have damaged trust and rebuild emotionally protective, secure parent-child relationships.

Learning Objectives

1. Explain the theoretical foundation of ABFT that guides therapists in therapy implementation.
2. Discuss the purpose of the five treatment tasks.
3. Design therapy to focus on interpersonal growth rather than behavioral control

This workshop is presented by a coalition of State, Provincial, and Territorial Psychological Associations and sponsored by CESPPA and the Missouri Psychological Association.

Audience:

This workshop is open to Psychologists and Psychology students and other health professionals with an interest in the topic.

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Friday, April 28, 2023 - 3 pm - 6 pm Atlantic time



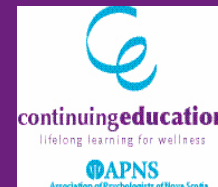
Guy Diamond, PhD, is Professor Emeritus at the University of Pennsylvania School of Medicine and Associate Professor at Drexel University in the College of Nursing and Health Professions. At Drexel, he is the Director

of the Center for Family Intervention Science (CFIS). Dr. Diamond is the primary developer of Attachment-Based Family Therapy (ABFT). He has received several federal, state and foundation grants to develop and test this model. His primary work has been in the area of youth suicide prevention and treatment research. On the prevention side, he has created a program focused on training, screening and triage to be implemented in non-behavioral health settings. On the treatment side, he has focused on the

development and testing of attachment-based family therapy, especially for teens struggling with depression and suicide. Much of this work has focused on inner-city low-income families.

He has served as the VP of Science for Division 43 of APA and has focused his efforts on increasing the visibility of the Division as a leader in Family Intervention Science in APA. He was a main stage presenter at APA's 2022 convention. 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. 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.

ABFT aims to repair interpersonal ruptures and rebuild an emotionally protective, secure-based, parent child relationship. The treatment initially focuses on repairing or strengthening attachment and then turns to promoting adolescent autonomy.



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APNS Member Psychologists	\$ 95
Non-member Psychologists	\$125
APNS Student Members	\$ 25
Non-member Students	\$ 35
Other health professionals	\$125

Name	Cheque/Cash	MasterCard	Visa
E-mail (the one you will use to connect to the webinar)	Credit Card #		
Phone	Expiry Date		

You may also pay by e-transfer to apns@apns.ca



Deadline for registration - 12 noon, Monday, April 24th. Please contact APNS to reserve space. A non-refundable admin fee of \$25. will be charged for all late cancellations. Notification must be received by APNS 3 days prior to the workshop to be eligible for a refund.

Association of Psychologists of Nova Scotia
Suite 645, 5991 Spring Garden Road
Halifax, NS B3H 1Y6
Phone: 902 422 9183 Fax: 902 462 9801
apns@apns.ca • www.apns.ca