

NOVEMBER 4-6, 2019 IN PITTSBURGH, PA

4TH
NOVEMBER

5TH
NOVEMBER

6TH
NOVEMBER

ALTERNATIVES FOR FAMILIES:

A COGNITIVE BEHAVIORAL THERAPY

INITIAL COMPREHENSIVE DIDACTIC TRAINING



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

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

YOUR CLIENTS GET:

- 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

WHO'S ELIGIBLE?

Mental health professionals with a Master's degree or higher

SCHEDULE

11/4/2019: 9:00AM - 5:00PM (1 Hour Lunch)

11/5/2019: 9:00AM - 5:00PM (1 Hour Lunch)

11/6/2019: 9:00AM - 12:30PM

REGISTRATION FEE

Registration for training and consultation costs

\$1,600 per participant. **Sign up before October 15th** for a **\$200 Early Bird discount!**

LOCATION

University Club, Conference Room B

123 University Place
Pittsburgh, PA 15260

SIGN UP!

1. Go to: www.afcbt.org/training/sign-up-for-training
2. Complete the Training Request Form
3. When asked, use survey code **PGHFALL19**

UNIVERSITY CLUB



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, and 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

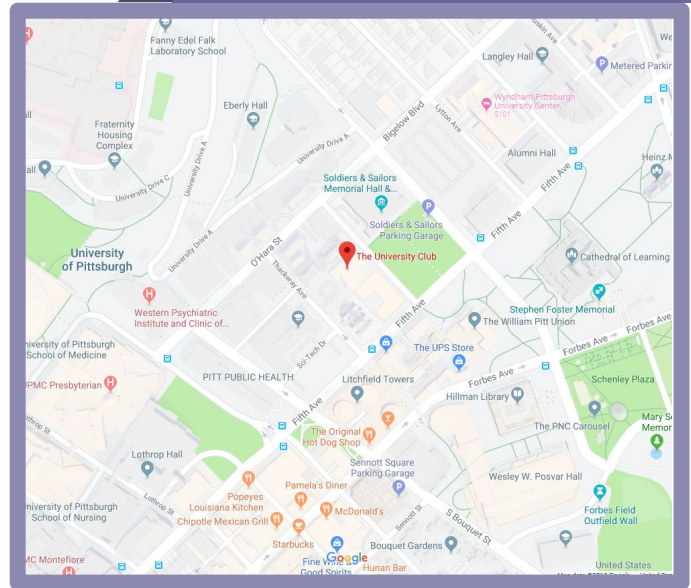
Solving Family Problems

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

TRAINING LOCATION



CONSULTATION

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

DR. BAUMANN

Training will be presented by Barbara Baumann, Ph.D., 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

www.afcbt.org