



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, & more

TARGET AUDIENCE

Mental health professionals with a Master's degree or higher



TRAINING SCHEDULE

10/2: 9:00AM – 4:00PM
10/3: 9:00AM – 4:00PM
10/4: 9:00AM – 12:00PM

TRAINING PRICE

\$1,600 for training and consultation.

LOCATION

University Club
123 University Pl
Pittsburgh, PA 15213

PARKING

We recommend participants park in Soldiers & Sailors garage, accessible via Bigelow Blvd. Parking for 6-8 hours costs \$10.

LODGING

We've partnered with Wyndham University Center to provide lodging. Contact Patricia Iannotta at (412) 682-6237 or piannotta@wyndham.com for rates & information.

SIGN UP TODAY

- Visit www.afcbt.org/training/sign-up-for-training
- Complete the Training Request form
- When asked, use survey code **PGHSPRING18**
- Or, just scan the QR code above



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

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.

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 THE TRAINER

Training will be presented by Barbara Baumann, PhD. Dr. Baumann is a University of Pittsburgh faculty member and experienced AF-CBT trainer, with over 25 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