

Reply Form

Attachment Based Family Therapy (ABFT)

Registration Fees

Please choose which session you will be attending.

- \$285 - September 11-12, 2009 \$185 - September 11, 2009 only
 \$285 - April 9-10, 2010 \$185 - April 9, 2010 only

Method of Payment (payable to The Children's Hospital of Philadelphia)

- Personal Check Institutional Check
 MasterCard American Express VISA Discover

Credit Card # _____

Exp. Date _____

Mail or fax the completed registration form with payment to:
Ms. Michal Holliday, Continuing Medical Education Department,
The Children's Hospital of Philadelphia, 34th Street and Civic
Center Boulevard, Philadelphia, Pa. 19104
215-590-5263 / Fax 215-590-4342 / hollidaydm@email.chop.edu

Name _____

- M.D. Ph.D. Psy.D. M.A. MSW LCSW
 MFT Other _____

Hospital/Institution/Company _____

Home Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Program

Friday, Day One

- 9 a.m. An Overview of ABFT
9:45 a.m. Relational Reframe
10:30 a.m. Break
11 a.m. Parents Alone and Adolescent Alone Sessions
12:30 p.m. Lunch
1:30 p.m. Reattachment Task
3:30 p.m. Break
4 p.m. Building Competency and Termination
5 p.m. Adjourn

Saturday, Day Two (must register for Day One)

- 9 a.m. Task 1 – Reframe: Video Review, Role Play and Discussion
10:30 a.m. Break
10:45 a.m. Task 2 – Adolescent Alliance: Video Review, Role Play and Discussion
12:15 p.m. Lunch
1 p.m. Task 3 – Parent Alliance and Education: Video Review, Role Play and Discussion
2:30 p.m. Break
2:45 p.m. Task 4 – Reattachment Task: Video Review, Role Play and Discussion
4:30 p.m. Discussion
5 p.m. Adjourn

Accreditation Statement

The Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Designation Statement

The Children's Hospital of Philadelphia designates this educational activity for a maximum of **12.75 AMA PRA Category 1 Credit(s)**TM. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians registered for Day One only will be eligible to claim a maximum of **6.0 AMA PRA Category 1 Credit(s)**TM.

The content and therapeutic techniques presented at the ABFT Workshop are practical and relevant to the professional practice of Psychology. Psychologists and Psychology Professionals who complete the two-day workshop may claim a maximum **12.75** contact hours towards their required continuing education for re-licensure in the States of Pennsylvania and Delaware. All other registrants interested in attending are advised to contact their State Licensing Board for verification.

Other Accreditation

An application has been submitted to the National Board for Certified Counselors (NBCC). An application will be submitted to the the Association of Social Work Boards (ASWB) for the April 9-10, 2009 workshop only.

Please contact the CME office at 215-590-5263 to check on the status of these credits.

Visit us
online at
www.chop.edu/cme

Course Overview

The ABFT workshop is intended for Psychiatrists, Counselors, Social Workers, Marriage and Family Therapists, Mental Health Professionals, Psychologists and Psychotherapists.

Day One is an educational workshop that uses lecture and video tape to provide a complete overview of the theoretical principles and clinical strategies of ABFT. Faculty will review how attachment theory, emotional regulation, and trauma resolution inform the delivery of this experiential treatment approach. Then, instructors will review the goals and structure of the five treatment tasks that provide a road map for delivering this interpersonally focused, depth psychotherapy effectively and rapidly.

While ABFT provides a semi-structured treatment approach, effective delivery of the model requires sensitive clinical judgment and decision making. Therefore, Day Two will be more interactive and application oriented. Case discussion, role play, and tape review will be used to deepen participants' understanding and application of the approach.

General Information

The workshops will be held September 11-12, 2009 and again April 9-10, 2010 at 3535 Market Street, 16th floor Conference Center, Philadelphia, Pa., 19104. The registration fees are \$285 for the full course or \$185 for Day One.

Learning Objectives

At the completion of the workshop participants should be able to:

1. Explain the theoretical foundation of ABFT.
2. Describe the five treatment task structure of the model.
3. Focus therapy on interpersonal growth rather than behavioral management.
4. Apply specific strategies for facilitating the repair of interpersonal ruptures.

Faculty

Guy S. Diamond, Ph.D.

*Director, Center for Family Intervention Science
The Children's Hospital of Philadelphia
Associate Professor
University of Pennsylvania School of Medicine*

Suzanne A. Levy, Ph.D.

*Training Director
Center for Family Intervention Science
Psychologist
The Children's Hospital of Philadelphia*

Attachment Based Family Therapy

ABFT is the only manualized, empirically informed, 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.

The therapy begins with identification and discussion of what prohibits the adolescent from going to his or her parent(s) when feeling depressed or suicidal. In some families, family conflicts or traumas have strained the attachment bond and damaged trust. In other families, depression has led the adolescent to withdraw and isolate him/herself, resulting in parents' frustration, impatience, or abdication. Regardless of how the interpersonal ruptures occurs, the therapy prepares family members to identify and discuss these ruptures more directly. In the context of these often emotionally charged "in vivo" conversations, adolescents improve their capacity for emotion regulation and interpersonal problem solving, while parents learn more developmentally appropriate parenting skills.

This is not a "blame the family" approach. Rather, therapists promote family strengths that can lead to a new level of mutual respect and understanding. With this new bond, adolescents are more likely to turn to parents for protection when feeling depressed or suicidal. More generally, the therapist aims to reestablish normative, healthy family functioning to serve as a buffer against other stressors that can lead to depression or suicide.

Cancellation and Refund Policy

The Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, The Children's Hospital of Philadelphia will refund any registration fees, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by hotel, airlines/travel agencies.

In order to process refunds, cancellation request must be received in writing one week prior to the workshop date. Refunds will be issued for the amount of registration minus a \$40 administrative fee. No refunds will be issued thereafter.

Services for the Disabled

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

Hotel Information

Workshop attendees are encouraged to make their hotel accommodations early by calling one of the hotels listed below.

Sheraton University City Hotel
215-387-8000
www.philadelphiasheraton.com

The Inn at Penn
215-222-0200
www.theinnatpenn.com

Continuing Medical Education Department

 The Children's Hospital of Philadelphia

Hope lives here.

34th Street and Civic Center Boulevard
Philadelphia, PA 19104-4399



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September 11-12, 2009

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16th Floor Conference Center
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