

4TH

NOVEMBER 2019

5TH

NOVEMBER 2019

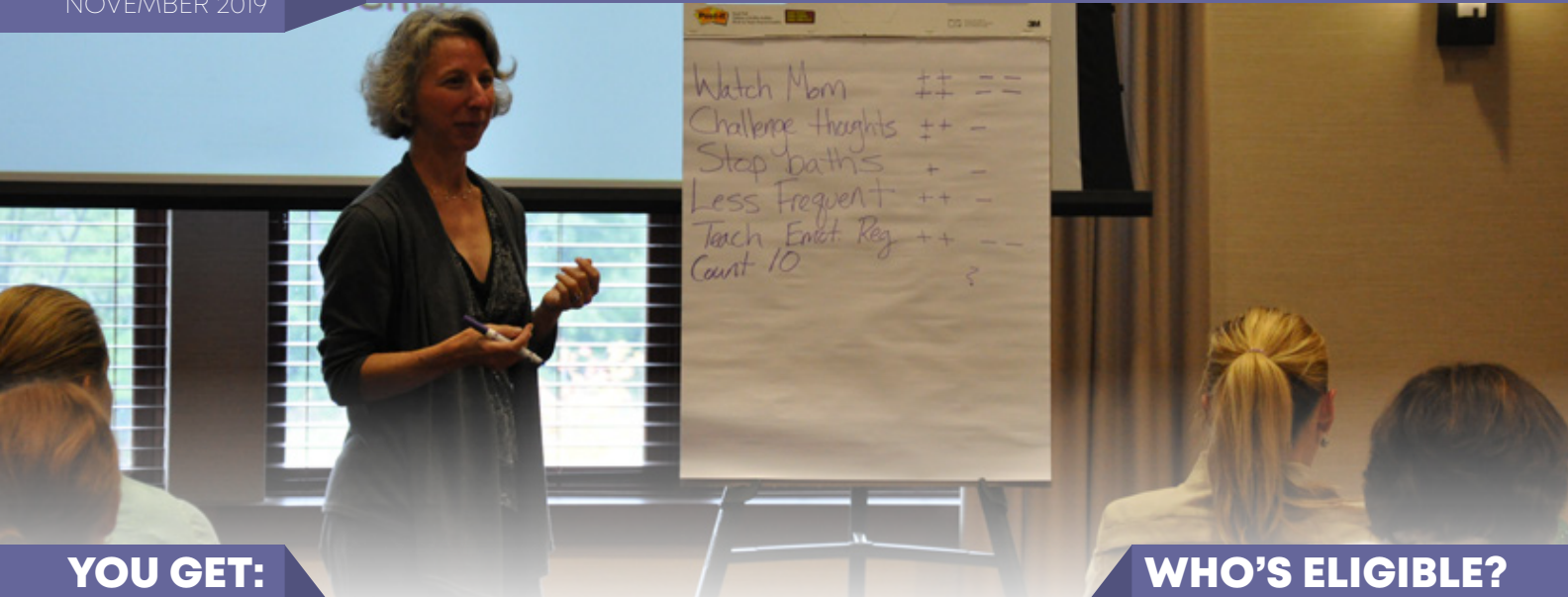
6TH

NOVEMBER 2019

NOVEMBER 4-6, 2019 IN PITTSBURGH, PA

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

TRAINING INCLUDES:

- 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



AlternativesforFamilies

www.afcbt.org



AFCBT_PA

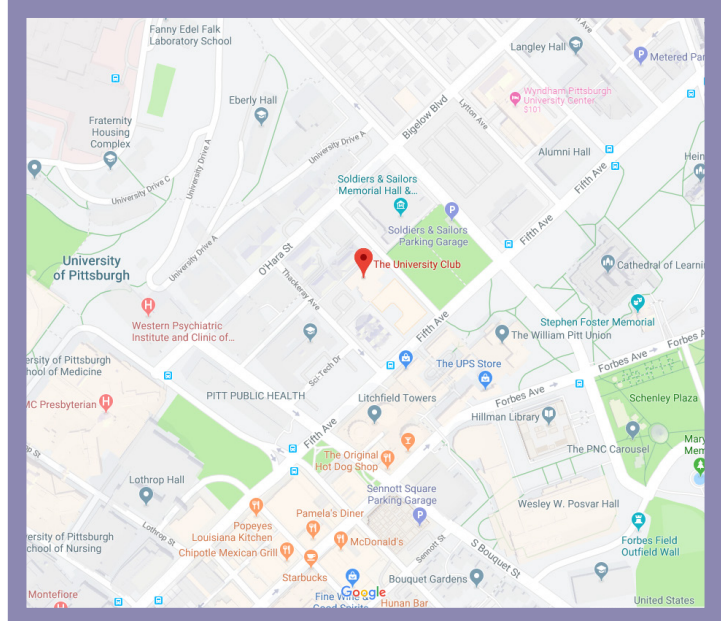
AF-CBT SPRING TRAINING 2019

UNIVERSITY CLUB



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TRAINING LOCATION



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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**, 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

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, 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 completion.

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.afcibt.org/training/online%20training%20links.
- Complete the Pre-Training Orientation videos and quizzes at: learn.nctsn.org/course/index.php?categoryid=70