



DREXEL UNIVERSITY

# Attachment-Based Family Therapy Program

*College of Nursing and Health Professions*

## **ABFT Online University Graduate Student Training Program**

### **Brief Course**

#### ***General Information to Professors***

The ABFT Training Program now offers a fully supported University curriculum for a professor to teach a 9 to 16-hour module of ABFT in a university course or as an extracurricular program. A professor and at least 7 students register for the program and we supply all the materials listed below.

#### **Introduction**

Family Therapy has a strong tradition of empirically supported treatment development, testing and dissemination. Great advances have been made with substances abuse, delinquency, bi-polar disorder, eating disorder, depression and suicide. Unfortunately, rigorous training in these models has not penetrated into the educational institutions of marriage and family therapy masters and Ph.D. program. There can be many reasons for this division, but few solutions have been proposed.

This document outlines one method for bridging this gap. The ABFT Training Program at Drexel University has designed an online course for importing attachment-based family therapy into educational institutions.

ABFT is a manualized, empirically supported 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 and young adult internalizing disorders (e.g., depression, suicide, trauma, anxiety) can be precipitated, exacerbated or buffered against by the quality of interpersonal relationships in families. It has also been used where family conflict is a contributor to the presenting problem. 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.

Typically, training for ABFT occurs in the community for therapists working in inpatient and outpatient hospital settings, community mental health centers, residential facilities, day programs, schools and private practice. Training to the level of certified therapist consists of attending a two-part introductory workshop, bi-weekly supervision for a year (22 sessions), an advanced workshop, and then a review of video-recorded therapy sessions for final credentialing. The university training course proposed here is equivalent to part one of our introductory two-part workshop.

The primary innovation here is that we provide enough training materials that an experienced family therapy professor could teach the course even with limited exposure to the ABFT model.

## College Course Outline

Below we outline the mechanisms and components of a 9 to 16-hour training program. This program is designed to be used as one component of a semester course, outside of the curriculum as a special training, summer intensive or other short programing material.

Below we provide more details about this program.

### **Brief Online Course**

- Streaming access to 6 lectures by Drs. Diamond and Levy
- Live Q &A with ABFT Treatment Developers
- Streaming access to 7 video tapes recordings of therapy sessions demonstrating the essential ABFT skills & teaching guide for professors
- Student Clinical Manual
- ABFT Selected Published Works Packet
- Instructor manual with role-play activity suggestions (optional)
- Student and Faculty Evaluations
- Certificate of Completion for Students (must pass post-test at 80%)

## Course Description

This 9 to 16-hour program is equivalent to Part One (formerly Day 1) of the ABFT Introductory Workshop. It is designed to be used in the following ways: embedded in a semester course, outside of the curriculum as a special training, summer intensive or other short programing material.

### *Details about the course*

1. Total time is approximately 9-16 hours. The variation in time depends on how many times the therapy videos are reviewed and if role-play exercises are utilized.
2. A professor proctors the course. This includes organizing students and location, verifying student attendance, running technology.
3. The professor facilitates the class sessions which entails showing the 6 pre-recorded lectures (40-75 minutes long).
4. Professors facilitate a review of 7, 6-8 minute recorded ABFT therapy excerpts for each task (time to review excerpts is 30-50 minutes). A training manual is provided which highlights essential ABFT principles and strategies demonstrated in the therapy session recording excerpts.
5. The professor facilitates role-plays of each of the five tasks (optional). A case description and guidelines for the role-plays are provided to the professor.
6. The ABFT Training Program provides one “live” Q & A session with an ABFT Treatment Developer during the course via web conferencing. Students can prepare questions for this session throughout the course.
7. Each student is required to read the ABFT book.
8. Students are provided with a Student Clinical Manual which contains all the PowerPoint slides, 5-task overview sheets, and other clinical aids.
9. The ABFT Selected Published Works Packet is a provided for students (professors distribute at their discretion).

10. A program evaluation process is included with the program. This consists of a simple pre and post evaluation tool to demonstrate increased knowledge. Local professors are free to add any additional evaluation tools.
11. A certificate of completion of the Part 1 ABFT Introductory Course is provided at the end of the course to students (if they pass the post test at 80%)
12. The professor is invited for free to attend one of the two-part introductory ABFT workshops either in Philadelphia or online (if available).

### ***Professor Requirements***

We recommend that professors attend our two-part introductory workshop to become more familiar with the course content. Admission to the two-part workshop at Drexel University is **free** for professors teaching the course (a \$475 value).

### ***Eligibility to take the course***

- Students must be enrolled in a graduate program pursuing a degree in the mental health field (art therapy, counseling, couples and family therapy, creative movement therapy, music therapy, psychology, psychiatry, psychiatric nursing, social work etc.).
- A professor must be willing to facilitate the course with students.
- A minimum of 7 students are required to initiate the course.

### ***Program Topics***

- ABFT Theory and Empirical Support
- ABFT Model and Task I: Relational Frame
- Task II: Alliance Building with the Adolescent
- Task III: Alliance Building with the Parent
- Task IV: Attachment Task
- Task V: Autonomy Promoting Task

### ***Fees***

- \$99 per student for the 6 lectures (minimum of 7 students), plus supplementary recorded therapy excerpts, live Q&A, Student Clinical Manual, ABFT Selected Published Works Packet, and professor training manual.
- There is no training requirement or implementation cost to the professor.

### ***Registration***

[https://drexel.edu/cnhp/academics/continuing-education/Health-Professions-CE-Programs/ABFT\\_OnlineTraining/](https://drexel.edu/cnhp/academics/continuing-education/Health-Professions-CE-Programs/ABFT_OnlineTraining/)

Each student and professor must register for the course. Fees are only for students. There is an option during registration for the University to pay the fee for students (when applicable).