

Thursday 22 January 2009

Time: 9.00am – 5.00pm

Cost: \$200.00



Attachment-based Family Therapy

An empirically supported approach to working with depressed and suicidal adolescents

Attachment theory provides the over-arching framework for ABFT therapists. Optimal adolescent development occurs when adolescents perceive their parents as caring, protective, available and autonomy granting. Such a secure base provides a buffer which helps adolescents to withstand and grow from life's stressors. In contrast, when parents abandon, coerce, or otherwise fail to provide adequate nurturance or protection, adolescents withdraw from their parents and are at greater risk.

ABFT aims to repair ruptures in the attachment relationship, and establish or resuscitate the secure base so important for adolescent development. "Re-attachment" occurs by first helping family members to access their longing for greater closeness and adopt the idea of rebuilding trust as a worthy initial goal of therapy. Then adolescents, in individual sessions, are helped to identify and articulate their perceived experience of the attachment failures, and commit to a discussion of these experiences with their parents. In individual sessions with the parents, they are helped to access greater empathy for their child and the parenting skills to provide both warmth and protection. When ready, the family again meets together to discuss core conflicts that have damaged trust in the family. ABFT is a flexible yet programmatic approach to facilitating these processes. Although not prescriptive, the treatment manual provides a clear road map of how to accomplish this "shuttle diplomacy" so that these profound and reparative conversations can happen relatively soon in therapy (e.g., within 4 to 5 sessions). Therapists are taught to rapidly focus on relational failure, vulnerable emotions, and the instinctual desire for giving and receiving attachment security.

Presenter:

Guy Diamond is the Director of the Center for Family Intervention Science at the Children's Hospital of Philadelphia and Associate Professor in the School of Medicine at The University of Pennsylvania. He is a child and adolescent psychologist with both clinical and research interests. He has been the principal investigator on grants funded by the National Institute of Mental Health, Center for Disease Control, Center for Substance Abuse Treatment, the Pennsylvania Department of Health and several private foundations and has published widely on adolescent and family focused treatment outcome and process research

Workshop Program

Program is indicative and sequence and timing of components is subject to variation at the discretion of the presenter

Thursday 22 January 9.00 am to 5.00 pm

8.30 – 8.55	Registration
9.00 – 9.45	Attachment and adolescent depression – theoretical framework and research findings. Discussion of how adolescent attachment theory can inform the direction and focus of family therapy. Family interactions – identifying and recognising ruptures in the attachment relationship between parents and their adolescent children
9.45 – 10.30	An overview of ABFT – development, structure, implementation and supporting research.
10.30 – 11.00	Morning tea break
11.00 – 12.30	Relational Reframing: setting the foundation of therapy. Therapeutic strategies and interventions that lead to constructive engagement into the re-attachment process. Transforming parent’s criticism, blame and rejection, and adolescent hostility and withdrawal into the desire for more connection and the redevelopment of a trusting secure base
12.30 – 1.30	Lunch break
1.30 – 3.30	Alliance building with the adolescent. Identifying relational ruptures and the capacity to resolve these issues. Alliance building with the Parent. Increasing empathy and the emotional coaching skills to promote greater trust and communication..
3.30 – 4.00	Afternoon tea break
4.00 – 5.00	Reattachment Task: Facilitating attachment promoting conversations. Incorporating ABFT within a clinical service

Venue:

Lecture Theatre ,184 St Pauls Tce
Community Health Centre,
184 St Pauls Tce, Spring Hill 4000

Please Note: There is NO PARKING at this facility and entry is via the main reception only.

Closest parking facilities, bus and train timetables and will be sent with registration confirmation.

General Enquiries : Dr Ingrid Wagner on 3310 9444
Ingrid_Wagner@health.qld.gov.au

Registration Enquiries: Beverley Burr on 3310 9444
Beverley_Burr@health.qld.gov.au
Fax return enclosed registration form to 3832 5642

ATTACHMENT-BASED FAMILY THERAPY 22/01/09 WORKSHOP REGISTRATION FORM

Please complete with all details and submit before the 14th Jan 2009

TAX INVOICE

This document will be a tax invoice for GST purposes when fully completed and you make a payment. Please keep a copy for your records. ABN 66329169412

CONTACT DETAILS PLEASE PRINT IN BLOCK LETTERS

(One person per form please)

Prof / Dr / Mr / Ms / Mrs Other (please specify):

Surname:First Name:

Organisation:.....

Address:

Postcode.....

Telephone: () Fax: ().....

Email:

Special requirements (eg. Meals, wheelchair access)

(Note: All prices quoted are in Australian dollars and are inclusive of Goods and Services Tax (GST).

PAYMENT METHOD

PAYMENT ENCLOSED (Please tick your option)

Australian dollar cheque/bank draft payable to: **Child & Youth Mental Health Services, Royal Childrens Hospital**

Authority to charge my credit card account (Australian Dollar amount)

Bankcard Mastercard Visa Amount: AUD 200.00 (No other credit cards accepted)

Card NumberExpiry Date.....

Cardholder Name:.....

Cardholder's Signature:

Date:

Completed registration forms and payment should be forwarded no later than 14th Jan 2009 to:

Beverley Burr, Attachment-based Family Therapy

Child & Youth Mental Health Service,

PO Box 1507, Fortitude Valley 4006

(Please note: Registrations may be faxed ONLY if credit card payment included).

Do you wish to be contacted re further events by email Yes No

If you require additional information regarding registration contact:

Telephone: 61 7 3310 9444

Fax: 61 7 3832 5642

Email: Beverley_Burr@health.qld.gov.au

CANCELLATIONS

Should you be unable to attend a substitute is welcome at no extra charge. A 70% refund will be made for written cancellations made prior to **19th January 2009**. Regrettably no refunds are possible for cancellations received after that date.