

# Introduction to Attachment-Based Family Therapy

High rates of adolescent depression and suicide present as a major international public health problem. Suicidal adolescents are often a daunting population for clinicians to work with given their high-risk. Of the few effective treatments for this population, many are often multi-modal involving individual and group therapy, medication, etc. An empirically supported family therapy for adolescents struggling with depression and suicide that requires only weekly sessions and which can be conducted on an outpatient, home-based, or inpatient basis is Attachment-Based Family Therapy (ABFT). ABFT emerges from interpersonal theories suggesting adolescent depression and suicide can be precipitated, exacerbated, or buffered against by the quality of interpersonal family relationships. It is a trust-based, emotion-focused psychotherapy model aiming to repair interpersonal ruptures and rebuild an emotionally protective, secure-based, parent-child relationship. The therapy is trauma-focused while also being brief and structured. Treatment is characterized by five treatment tasks: a) reframing the therapy to focus on interpersonal development, b) building alliance with the adolescent, c) building alliance with the parents, d) facilitation conversations to resolve attachment ruptures and e) promoting autonomy in the adolescent.

In this workshop, Dr Levy will use lecture and case studies to provide an overview of the theoretical principles, research support, and clinical strategies for ABFT. Dr Levy will review how attachment theory, emotional regulation, and trauma resolution inform the delivery of this treatment approach. She will review the goals and structure of the five treatment tasks that provide a roadmap for delivering this interpersonally focused psychotherapy effectively and rapidly in community mental health.

## Target Audience

Psychologist      Social Workers      Counselors  
Teachers          Therapists          Case Managers  
Juvenile Judges      Addiction Counselors      Nurses  
Course Level: Intermediate

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Explain the theoretical foundation of ABFT
  2. Discuss the empirical support for ABFT.
  3. Describe the importance of parents being involved in safety planning.
  4. Discuss the purpose of the five treatment tasks.
  5. Describe the strategies used in the five treatment tasks

Seminar Schedule  
1-3 PM ET

## Outline

- OVERVIEW  
DEPRESSION AND SUICIDE STATISTICS  
THEORY OF NORMATIVE FUNCTIONING  
Secure Attachment & Emotion Regulation  
Authoritative Parenting  
Attachment in Adolescence  
Family as a Protective Factor  
THEORY OF PATHOLOGY  
Insecure Attachment  
Attachment & Parenting  
Risk Factors for Insecure Attachment  
ABFT's Theory of Depression and Suicide  
THE SOLUTION  
Earned Security  
Family as a Safety Net  
EMPIRICAL SUPPORT  
Brief Review of Research Findings  
Dissemination  
CLINICAL MODEL  
Treatment Manual  
Overview of 5 Tasks  
Family Safety Planning  
5 TREATMENT TASKS  
Task 1: Relational Reframe  
Task 2: Adolescent Alliance  
Task 3: Parent Alliance  
Task 4: Attachment  
Task 5: Autonomy Promoting

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 2 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/22 to 3/28/2025. Social workers completing this course receive 2 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.

tzkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## The Presenter

Dr. Suzanne Levy is an internationally renowned licensed clinical psychologist and Co-Developer of ABFT. She is the Co-Owner of ABFT International Training Institute which was established in 2023. ABFT is a manualized, empirically informed and supported, family therapy model specifically designed to target family and individual processes associated with adolescent suicide and/or depression. Since 2007, Dr. Levy has been conducting ABFT training workshops and supervision for therapists nationally and internationally. She has presented regionally, nationally, and internationally on ABFT, emotion coaching, child and adolescent therapies, resilience, adolescent depression, adolescent development, and adolescent substance use. Along with her colleagues, Drs. Guy and Gary Diamond, Dr. Levy has written the first book on ABFT, Attachment-Based Family Therapy for Depressed Adolescents published by the American Psychological Association.

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



tzkseminars, LLC  
2110 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940