

# Attachment-Based Family Therapy (ABFT) Spring 2025 Introductory Training Online

## 10% off coupon: ABFT\_Maudsley

Workshop Co-sponsored by US Journal Training and  
ABFT International Training Institute

**\*\*\*Meets the Suicide Prevention requirements of: California, Connecticut, Indiana, Kentucky, Nevada, New Hampshire, Pennsylvania and Tennessee**

This live introductory online training reviews the theory, research, and clinical strategies of attachment-based family therapy (ABFT). ABFT is a manualized, empirically supported family therapy designed to target family and individual processes associated with adolescent depression and suicide. Tested with diverse families, including low-income and minority families, ABFT is a trust-based, emotion-focused, process-oriented brief therapy. The model is organized by five treatment tasks that provide directionality. Participants will learn how this model helps families repair interpersonal ruptures that have damaged trust and rebuild emotionally protective, secure parent-child relationships.

The training is equivalent to our 3-Day/Two-Part in-person workshop and is delivered as 6 half-day live webinars. Participants may enroll in Part One only Part Two only (if previously attended Part One/Day One), or the entire Two-Part Introductory Training.

### Dates

Part One: March 27 & 28  
Part Two: April 3-4 & 10-11

### Choose One Track

Track 1: 9 a.m. – 12:45 p.m. ET  
Track 2: 1 p.m. – 4:45 p.m. ET

### WHO SHOULD ATTEND:

Counselors, Couple and Family Therapists, Mental Health Professionals, Psychiatrists, Psychologists, Psychotherapists, and Social Workers.

### PROGRAM OBJECTIVES:

- Discuss the theoretical foundation of ABFT.
- Discuss the importance of each of the five treatment tasks.
- Describe how to organize therapy around interpersonal growth rather than behavioral management.
- Apply specific strategies for facilitating the repair of interpersonal ruptures.

For additional workshop information and registration:

<https://courses.abftinternational.com>

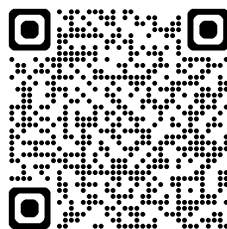
For more information on the ABFT Training program:

<https://abftinternational.com>

If you have questions or concerns contact:

[info@abftinternational.com](mailto:info@abftinternational.com)

Please let us know if you have any disability or other special needs so that we can ensure your needs are fully met.



### CONTACT HOURS AND ACCREDITATION STATEMENT:

This training is co-sponsored by US Journal Training.



US Journal Training is approved by the American Psychological Association (APA) to sponsor Continuing Education for psychologists. US Journal Training maintains responsibility for this program and its content.



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