

2-Day Intensive Training

Multidimensional Family Therapy (MDFT) Certificate Course for Treating Adolescent Conduct Disorders and Substance-Abuse

The challenges and frustrations of treating teenagers with severe behavioral problems can feel overwhelming. Often, they are reluctant participants in therapy, having been mandated to a treatment program by a parent or caregiver, school, or juvenile justice authorities. When they are active drug users, therapists can become intimidated, disorganized, and unable to do their best work. Moreover, the clinical issues presented by adolescents can be difficult to sort out—co-occurring problems are the norm, and systems issues, parent and family functioning, peer, and social environment influences are in play as well. Addressing these connected issues requires an up-to-date knowledge base, a comprehensive, well-organized but flexible therapeutic approach and clinical expertise.

This intensive skills-based two-day certificate training provides concrete strategies that offers solutions to the formidable difficulties of treating adolescent oppositional behaviors, conduct disorders and substance abuse. You will develop core competencies and transform your skills to achieve better therapeutic outcomes, even with your most challenging clients.

Join Dr. Howard Liddle, the developer of Multidimensional Family Therapy (MDFT), as he teaches you how to apply the MDFT framework to create practical case formulations, and how to specify case-specific and individualized treatment goals. Through extensive video illustrations, use of case write-up guidelines, checklists, practical treatment protocols, and interactive discussions, you will take away concrete therapeutic strategies to use immediately with your clients. Leave this course with new actionable knowledge and tools you can use in your very next session!

“MDFT treatment outcomes are among the best there are for adolescents. Not only does it work, but it joins the category of behavioral interventions whose effects seems to endure after treatment ends.”

—Dr. Lisa Onken
Chief of the Behavioral and Integrative Branch NIDA

LIVE WEBCAST DETAILS

Join us on April 12 & 13, 2018, for this live, interactive webcast! Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$29.99 per CE Certificate for each additional participant.

★ **Satisfaction 100% Guaranteed** ★

Objectives

- 1 Differentiate the myths vs. clinically-useful, science-based realities of today’s adolescents.
- 2 Connect and describe the relationship of the knowledge-base about adolescents and families to the MDFT treatment principles.
- 3 Apply key content from the knowledge-base on adolescent development and problem formation and the MDFT treatment principles to create an MDFT case conceptualization.
- 4 Utilize the MDFT case conceptualization to formulate weekly case notes that emphasize goal formulation and individual, family, and systemic interventions.
- 5 Analyze and describe the clinical logic of the MDFT core sessions for the 3 stages of treatment.
- 6 Design individual and family interventions that derive from the MDFT conceptual framework and change theory.
- 7 Design individual and family interventions that increase adolescent and parent(s) treatment engagement and retention.
- 8 Analyze and differentiate MDFT intervention intentions, components, implementation, and therapeutic processes using an integrative framework of emotion, thinking, behavior and context.
- 9 Design multi-component interventions that begin and extend adolescent, parent, and family change processes within and between sessions.
- 10 Design multi-component interventions that enhance the youth’s and parents’ interactions with school and juvenile justice professionals.
- 11 Analyze why interventions succeed or fail, and learn how to adjust interventions according to in-session and between-session events.
- 12 Create a personal blueprint for therapist development using MDFT materials and other available resources.

Meet Your Speaker

Howard Liddle, EdD, ABPP, is an internationally known expert in the family therapy of adolescent substance abuse and delinquency and his published clinical DVDs and writings are used in therapist training programs around the world. He is the developer of Multidimensional Family Therapy (MDFT), an evidence-based adolescent treatment that is practiced at clinics around the United States and eight European countries. Dr. Liddle is professor in the Department of Public Health Sciences at the University of Miami Miller School of Medicine. A board-certified psychologist, he is a Diplomate in Family Psychology in the American Board of Professional Psychology (ABPP). Founding editor of the *Journal of Family Psychology* in 1985, Dr. Liddle has over 225 publications. His three-decade therapy research program focuses on the development, testing, implementation and dissemination of family-based treatment for adolescent substance abuse and delinquency. This work has been recognized with awards from the American Association for Marriage and Family Therapy, the American Family Therapy Association, the Hazelden Foundation, and the American Psychological Association. Dr. Liddle is an inspirational clinical teacher and has trained family therapists in how to treat adolescents for over 40 years.

Speaker Disclosures:

Financial: Dr. Howard Liddle is Chairman of the Board of MDFT International, a 5013c not for profit entity that conducts training in and certifies clinicians in MDFT, Multidimensional Family Therapy. He receives a speaking honorarium from PESI, Inc.

Non-financial: Howard Liddle is a Diplomate in Family Psychology in the American Board of Professional psychology (ABPP).

Conference Target Audience:

Licensed Clinical/Mental Health Counselors • Social Workers • Marriage & Family Therapists
Addiction Professionals • Psychologists • Certified Case Managers • School-Based Mental Health Professionals
Other helping professionals who work with adolescents 9-26 years of age

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Substance-Abuse

Featuring the Developer of MDFT
Howard Liddle, EdD, ABPP

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Behaviors, Conduct Disorders and
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Featuring the Developer of MDFT
Howard Liddle, EdD, ABPP

- Master engagement methods to retain adolescents and parents in treatment
- Treat co-occurring adolescent behavioral disorders, depression, and anxiety
- Design customized interventions at individual youth, parent, family and systems levels

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Outline

A Foundation for Adolescent Treatment: Orientation and Knowledge Base

Social ecological theory
Vulnerability, risk and protection
Determinants of substance use, behavioral disorders, depression and anxiety
Clinically referred adolescents: Co-occurring problems are the norm
A developmental systems framework: Logic and practicality

MULTIDIMENSIONAL FAMILY THERAPY (MDFT) IN-ACTION

Orientation
Developmental tasks in life and in therapy
MDFT change theory

- Determine therapeutic targets
- Design and tailor interventions to individuals and settings
- Facilitate therapeutic individual and interactional processes
- Adjust interventions throughout treatment

Framework: A Top-Down View

Relationships and development – First, last, always
Referral information and dynamics as keys to current circumstances
Meet, greet, listen, evoke stories, assess with a checklist
Motivate and engage
Understanding, meaning, history, and contexts of behaviors
Prioritize per need and access
Define targets
Design interventions from a systemic functional behavioral analysis
Interventions
Read results
Refine and adapt
Link to other priority targets and interventions

Treatment Stages: Organization and Milestones of Therapeutic Progress

Stage 1: Build alliances and foundation for change
Stage 2: Facilitate individual and family change
Stage 3: Solidify change and exit

Intervention Domains: Components and Methods Within Each Stage

Adolescent-Focused Interventions

- Psychoeducational aspects of treatment
- Treatment engagement within mandated therapy
- Life story methods and defining oneself
- Determine what’s important to the teenager and why
- Personal development as treatment’s “North Star”
- Foster a sense of agency
- Experience and interpret day-to-day events
- Journaling and personal narratives
- Emotion regulation, reading and reacting to others
- Burdens of trauma, victimization, and loss

Parent-Focused Interventions

- Assess stress and burden
- Psychoeducational aspects of treatment
- Emotion and motivation focused techniques to address avoidance and blaming of youth
- Foster teamwork and collaboration
- Single parents, the influence of grandparents and other adults and multiple households
- Need and role of parenting practices
- Parent’s mental health, substance use, medical health

Family-Interaction Focused Interventions

- The unique and critical role of family sessions
- Enactment as technique and change theory
- How family sessions target and change parent-youth relationships
- Family sessions step-by-step

Community-Focused Interventions

- Conflictual relationships with school personnel
- Compliance with juvenile justice requirements
- Neighborhood influences
- Community supports and resources

Implementation Keys

From Case Conceptualization to Intervention Development and Implementation

Develop a case conceptualization using MDFT outlines, case vignettes and video
Plan a session using the case conceptualization
Perform intervention analysis by watching clinical videos
Plan next session using the specified analysis

Techniques to Overcome Common Treatment Obstacles

Motivation and engagement
Parental avoidance and blame of the youth
Mandated treatment
Overwhelmed caregivers
Parents with alcohol, drug, or mental health impairments
Treatment transitions (to outpatient or residential treatment)

Special Topics

Guidelines for in-home sessions and park-bench therapy
Evoke content that matters
Focus on and use distress, suffering, crises, anger, resentment, history, remorse and legal issues
Drug test results in therapy
Link mental health and substance abuse treatment to overall adolescent health
Available instruments on parenting, substance use, problem behaviors, family functioning

Therapist Development

Create a realistic blueprint
The interdependence of personal and professional functioning
Prompt supervisor effectiveness
Self-supervision: Journaling to build complexity and repertoire
Signs of and tips to overcome burnout
Communities of clinician development
Access information on adolescents, parenting, families and treatment guidelines

Live Seminar Schedule (both days):
(Time listed in Eastern)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

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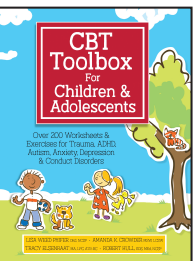
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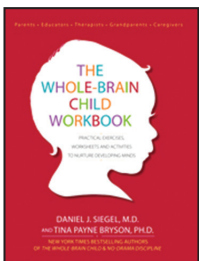
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CBT Toolbox for Children and Adolescents:
Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Eisenraat

The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you’ll see how the best strategies from cognitive behavioral therapy are adapted for children.



The Whole-Brain Child Workbook:
Practical Exercises, Worksheets and Activities to Nurture Developing Minds

By Daniel Siegel, M.D. & Tina Payne Bryson, Ph.D.

The Whole Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts. Including dozens of clear, practical and age specific exercises and activities to assist in brain development. Applications for clinicians, parents, educators, grandparents and care givers to raise calmer, happy children.

How to Register:

2-DAY INTENSIVE TRAINING: MULTIDIMENSIONAL FAMILY THERAPY (MDFT) CERTIFICATE COURSE FOR TREATING ADOLESCENT OPPOSITIONAL BEHAVIORS, CONDUCT DISORDERS AND SUBSTANCE-ABUSE

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