

## 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

★ 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

FREE  
CE  
ONLINE COURSE

Shame Shields

**BRENÉ BROWN, Ph.D.**

1 CE HOUR

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February 15, 2018

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## — 2-DAY INTENSIVE TRAINING —

MULTIDIMENSIONAL  
FAMILY THERAPY

# MDFT

## CERTIFICATE COURSE

for Treating Adolescent Oppositional  
Behaviors, Conduct Disorders and  
Substance-Abuse

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

Recognized as an  
Empirically-Supported  
Treatment by:

**SAMSHA  
NIDA**

**Dedham, MA**  
Monday & Tuesday  
March 5 & 6, 2018

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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):

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

**4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

**Questions?**  
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**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

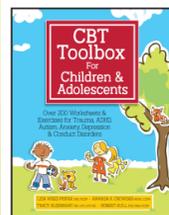
**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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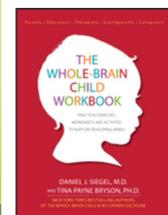
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**CBT Toolbox for Children and Adolescents:**  
Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

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

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.

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### Add-On Products

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**\$34.99\*** CBT Toolbox for Children and Adolescents book

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\_\_\_ Multiple CDs\* (audio) \$269.99 (RNA053450)

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