

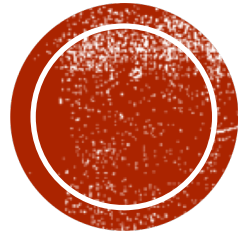
DEPRESSION, ANXIETY, AND ATTACHMENT- BASED FAMILY THERAPY





BRITTANY'S AND LUIS' STORIES





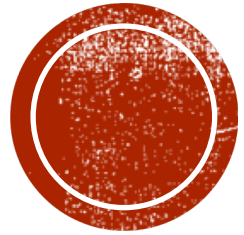
LOOKING THROUGH AN ABFT LENS



ATTACHMENT-BASED FAMILY THERAPY

- Task 1 – the relational reframe
 - Overall Goal: Family agrees that improving the relationship is the best strategy to helping their kid get better.
- Task 2 – the adolescent alliance
 - Overall Goal: Pinpoint attachment narrative and amplify the importance to address felt injustices.
- Task 3 – the parent alliance
 - Overall Goal: Motivate parents to support their child in new and more effective ways than before.
- Task 4 – repairing attachment
 - Overall Goal: Adolescent and parents have a corrective attachment experience.
- Task 5 – promoting autonomy
 - Overall Goal: Help adolescent get back on their appropriate developmental track with parents acting as the secure base – continuing to build trust in the relationship.





ABFT TECHNIQUES WE CAN USE IN OUR SCHOOLS



TASK 1 — RELATIONAL REFRAME

- Ask the question:

“When you are feeling this way, can you talk with your parents?”



TASK 2 — ADOLESCENT ALLIANCE

- Bordin's theory of working alliance
- Get attachment narrative, teach communication, encourage having conversation with parents when/if appropriate



TASK 3 — PARENT ALLIANCE

- Psychoeducation: adolescence is about separation and connection



TASK 4 — REPAIRING ATTACHMENT

- Psychoeducational: working model of other = do something different



TASK 5 — PROMOTE AUTONOMY

- Parents need to look for ways to promote autonomy

