Alternatives for Families: a Cognitive Behavioral Therapy: An overview of an EBP for child and family aggression and abuse

Barbara Baumann, PhD
University of Pittsburgh

2018
Alternatives for Families – a Cognitive Behavioral Therapy (AF-CBT)

a trauma-informed, evidence-based treatment designed to improve the relationship between children and caregivers in families involved in arguments, frequent conflict, physical force/discipline, child physical abuse, or child behavior problems.
Alternatives for Families – a Cognitive Behavioral Therapy (AF-CBT) addresses in one model parenting, anger management, social skills, problem-solving and communication for children (5-17) and their caregivers.
Objectives

1. Describe the AF-CBT model, including the eligibility criteria and treatment phases.

2. Communicate to your agency the clinical considerations for agency-wide implementation of AF-CBT.
Introductions

Barbara Baumann, Ph.D.

• Clinical and developmental psychologist
• 25 years working with children and caregivers
• Multiple populations
  • Child behavior problems
  • Child maltreatment
  • Juvenile fire setters
  • Juvenile sex offenders
Please share a little about yourself, including your name, agency, and role.
WHAT IS AF-CBT?
• Child is aggressive toward siblings and caregivers, argues constantly, and has few friends.

• Caregiver often gets angry, insults the child, and is frustrated because the child should know better.
What skills are necessary for this caregiver to provide effective parenting?
• Child is aggressive toward siblings and caregivers, argues constantly, and has few friends.
• Caregiver often gets angry, insults the child, and is frustrated because the child should know better.
What skills are necessary for this child to behave non-aggressively at home?
Steps of AF-CBT

Phase III: Family Applications
- Solving Family Problems
- Enhancing Safety Through Clarification

Phase II: Individual Skill Building
- Verbalizing Healthy Communication
- Imaginal Exposure
- Techniques for Managing Behavior
- Assertiveness & Social Skills
- Noticing Positive Behavior
- Restructuring Thoughts
- Emotion Regulation
- Talking About Family Experiences & Psychoeducation

Phase I: Engagement & Psychoeducation
- Learning About Feelings & Family Experiences
- Alliance Building
According to SAMHSA, a program that is Trauma-Informed

- *Realizes* the widespread impact of trauma and understands potential paths for recovery;
- *Recognizes* the signs and symptoms of trauma in clients and families
- *Responds* by fully integrating knowledge about trauma into procedures and practices
- *Seeks* to actively resist *re-traumatization*.
AF-CBT research documents positive outcomes in families with conflict, emotional abuse, and/or physical abuse

- Caregiver/child verbal and physical aggression
- Family conflict
- Perceived harm
- Recidivism (caregiver)

- Child safety
- Child social competence
- Parental nurturing
- Family cohesion

AF-CBT addresses the risks for and consequences of aggression by teaching intra- and inter-personal skills.
AF-CBT is a skills-based therapy

Identify a skill

Teach the skill

Practice the skill
Skills addressed in AF-CBT

- Decision Making
- Anger Management
- Reducing PTSD Symptoms
- Parenting
- Communication
- Social Skills
- Problem Solving

2018
What questions can I answer about AF-CBT?
WHO?

BECOME FAMILIAR WITH WHICH FAMILIES AND SETTINGS FIT THE MODEL
Challenges when engaging caregivers

- Disinterest in change
- Abuse/conflict minimization
- Dismissiveness
- Challenge to authority
- Anger, hostility
- Threats/aggression
Training results in greater comfort and skill in working with difficult to engage families.

How do ALTERNATIVES FOR PROFESSIONALS benefit trainees?

We polled a group of professionals who completed Alternatives for Professionals (AFP) training about what they liked about AFP training and consultation. Here’s what they had to say:

Expert Consultation

AFP training includes clinical consultations with an AFP trainer, where trainees can discuss implementation issues and get expert advice. Our trainees expressed satisfaction with their consultation experiences:

- “The feedback from the leader and the other participants was the most helpful aspect of the calls.”
- “The information that was provided was helpful. I was able to build on my skills.”

36% Rated their consultation experience a 4 out of 5.

64% Rated their consultation experience a 5 out of 5.

Learn More

For more information on AFP and training opportunities near you, visit us online at www.afcbt.org/AFP.
AF-CBT is most appropriate for families who experience:

- Child behavior problems
- Anger issues
- Parent-child conflict
- Verbal or emotional abuse
- Physical discipline
- Force or aggression
- Child physical abuse
Eligibility Criteria

Child age 5-17
- pattern of oppositional, argumentative, and/or explosive/angry behaviors
- verbally or physically aggressive, or exhibited other high-risk behaviors
- trauma symptoms related to physical discipline or abuse
- history of conflict, excessive/harsh discipline, physical abuse, or injury by caregiver

OR

Caregiver (adoptive, biological, foster, or kinship)
- conflicts and/or heated arguments, verbal aggression, physical abuse, harsh discipline, or risk for child injury
16-year-old female. Often out of the house & parents don’t know where she is

Client’s parents are divorced and client currently lives with her Dad and 2 younger siblings. Dad’s home is lenient and Dad struggles with implementing structure and rules in the home.

Mom was charged with child physical abuse and has been on probation for 2 years. Mom is from Nigeria and states that physical punishment is a normal form of discipline in her culture and she is doing nothing wrong.
# Screening for AF-CBT Eligibility

**Criteria for Eligibility: 1, 2, and 3 are all “yes”**

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• The client is a 6yo Hispanic male who lives with mother, father, and two older brothers.

• Client’s mother described client as demonstrating attention-seeking behaviors in school by distracting other children and difficulty waiting for his turn. Client’s mother added that client is easily angered and tantrums. Client receives yellow or red cards almost daily, often for aggressive behavior toward other children. At home the child talks back, refuses to do what he is asked to do, and is generally defiant. Client also has been exhibiting more anxiety symptoms lately and worries over parents arguing and possibly separating.
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Client is a 14 year old male who lives in a foster home (Basketball Coach from school). His 3 siblings remain at home with his mother and father.

Client has gotten into numerous fights at school and home. His parents feel they can’t control him any more.

His father is a pastor and authoritarian, he feels that the client should know his place as a child. His father does not believe in the system, as he feels that the system is meant to break up families. He is not interested in attending therapy. The foster parents are willing to attend.
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Appropriate Settings

- Outpatient
- Residential
- Partial
- Group home
- Foster care
- School
- Homes/Community settings
What questions can I answer about who is eligible for AF-CBT?
HOW?

EXPLORE HOW AF-CBT IS LEARNED AND IMPLEMENTED
AF-CBT Training

• Master’s level therapist or higher
• 1 year of training
  ✓ 4 hours online
  ✓ 2.5 days workshops
  ✓ 12 monthly consultation calls
  ✓ ½ day advanced workshop
Online

www.AFCBT.org

Alternatives for Families: A Cognitive Behavioral Therapy

Orientation Video
To learn more about AF-CBT, watch the Orientation Video Course here.

CONTACT US
Have a question about AF-CBT? Need more information about training?

What's New

Calendar of Events

JUL 24–26, 2017
Miami AF-CBT Training, Miami, FL. Register today!

AUG 28–29, 2017
Yakima, WA. Registration Details Coming Soon.

NOV 6–8, 2017
Pittsburgh Fall Training, Pittsburgh, PA. Registration Details
Find AF-CBT providers on www.AFCBT.org
What questions can I answer about AF-CBT training?
WHY?

EXPLORE WHY YOU MIGHT CONSIDER BRINGING AF-CBT TO YOUR SETTING
AF-CBT combines several treatment modalities.

- Anger Management
- Clarification
- Family Therapy
- Parenting
- CBT
Provide structure and consistency to help clients to meet their goals.
Be intentional about the processes used to engage families and motivate change.

Validate  Normalize  Model

Instill hope
Focus on building skills and confidence - Practicing is key.
Teach and practice cognitive behavioral therapy
Focus on empowering families to be their own problem solvers.
What questions can I answer?
Contact Information

Barbara Baumann
BaumannBL@upmc.edu
412-246-5887
THANKS!

Barbara L. Baumann
www.afcbt.org