OVERVIEW AND FOCUS:
Treating adolescents is known to be challenging work. When clinically-referred teenagers are active drug users, therapists can become intimidated, disorganized, and unable to do their best work. These same adolescents are also frequently involved in the juvenile justice system as a consequence of antisocial or criminal activities. Government, state, and county funders, community agencies, and clinicians themselves realize the advantages of offering evidence-based treatments. But few clinicians have access or opportunity to learn these treatments. This training offers in-depth exposure to one of the world’s leading evidence-based therapeutic models for youth substance abuse and related problem behaviors. Multidimensional Family Therapy (MDFT) is an effective, well-established, and internationally known treatment. Over 100 clinical sites, including Lincoln in the East Bay, have been certified in the MDFT approach.

WHY ATTEND THIS WORKSHOP?
Covering the latest scientific knowledge needed to treat youth drug taking and antisocial behaviors, Dr. Liddle will teach how to use this knowledge within a multidimensional, multi-component, and family-based treatment approach. Participants will learn how to apply the MDFT framework to create practical case formulations, and how to specify case-specific and individualized treatment goals. Participants will learn how to design interventions that target individual youth, parent(s), family and community domains. Videos will illustrate the approach in action, showing individual sessions with the adolescent, parent(s), community collaborators, and families. Participants will learn the essential skills and practical interventions within each of these target domains.

Critically, the workshop is designed to help participants integrate the evidence-based MDFT methods into their practices and clinical settings.
Four essential topics are covered throughout the day:
1. Scientifically-based knowledge about youth substance abuse and conduct disorder.
2. Engagement and retention of youth and parent(s).
3. Coordinated, multifaceted motivation and change strategies targeting youth, parent(s), family relationships, and youth-parent-community interactions.
4. Clinician motivation and skill.

And evidence-based methods are taught to help participants effectively address common barriers:
- Motivation and engagement of youth and parents around change
- Mandated treatment
- Overwhelmed caregivers
- Parents with alcohol, drug, or mental health impairments
- Failing relationships with school personnel
- Compliance with juvenile justice requirements
- Outpatient vs. residential treatment

Registration and more information please contact:
Minjon LeNoir
minjonlenoir@lincolnfamilies.org
(510) 273-4700 Ext# 4331
RSVP: NO LATER THAN MAY 11th

Jack London Aquatic Center
115 Embarcadero Ave
Oakland, CA 94607

ABOUT THE SPEAKER
Howard Liddle is the developer of Multidimensional Family Therapy (MDFT). Dr. Liddle is Professor in the Departments of Public Health Sciences and Psychology, and Director of the Center for Treatment Research on Adolescent Drug Abuse at the University of Miami. His three-decade therapy research program has developed, tested, and implemented family-based treatment for youth substance abuse and delinquency. With awards from the AAMFT, AFTA, Minnesota’s Hazelden Foundation, and the APA, Dr. Liddle is an internationally recognized leader in family therapy and adolescent substance abuse treatment. Known as an inspirational clinical teacher, Dr. Liddle has trained family therapists in how to treat adolescents since 1974.