

Refreshers 2023



These sessions are intended for therapists and supervisors who are already implementing MDFT. The general objectives are to sharpen certified therapists' and supervisors' knowledge of the principles of MDFT and intervention strategies to promote change, and to reinforce and further develop core competencies in MDFT. These 2-hour virtual sessions are part of the MDFT recertification process for MDFT clinicians and will be offered throughout the year.

Part 2: Enactment Implementation

Monday, January 9, 2023

OBJECTIVES:

1. Know the therapist, technique and therapy process components of enactment implementation
 2. Apply the core principles of enactment while watching videos
 3. Know the steps to setting up, facilitating and closing-up enactments
 4. Know the therapist behaviors and skills essential in implementing the three steps of enactment
 5. Apply knowledge of the common roadblocks to enactment implementation while watching videos
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MDFT with Early Adolescents

Monday, February 13, 2023

OBJECTIVES:

1. Understand the young adolescent experience and challenges unique to the early adolescent developmental phase
 2. Identify risk and protective factors for early adolescent substance misuse and related emotional and behavioral problems
 3. Know the research base for MDFT prevention and early intervention
 4. Identify key MDFT interventions for working with young adolescents and their families
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MDFT Interventions to Reduce Youth Substance Misuse

Monday, March 13, 2023

OBJECTIVES:

1. Understand the MDFT perspective on substance misuse and the theory of change
2. Learn key interventions in the 4 domains: adolescent, parent, family, and extrafamilial to reduce/eliminate substance misuse
3. Gain knowledge about in-session MDFT interventions and drug screening

Treating Opioid Use and Opioid Abuse Disorder in Youth ages 16-21

Tuesday, April 18, 2023

OBJECTIVES:

1. Learn DSM-5 Criteria for Opioid Use Disorder (OUD)
 2. Know what opioids are, what they do and how they are used
 3. Understand how medication assisted treatment (MAT) plays a key role
 4. Specify ways MDFT is adapted to treat opioid use and abuse
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Part 2 Opioid Use

Tuesday, May 16, 2023

OBJECTIVES:

1. Understand the MDFT approach to treating opioid use and Opioid Use Disorder (OUD) in youth
 2. Identify core OUD-specific MDFT interventions
 3. Understand how medication assisted treatment (MAT) and MDFT can be effectively integrated to help youth recover
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Engaging and Motivating Parents: MDFT Stage 1 Parent Interventions

Wednesday, June 14, 2023

OBJECTIVES:

1. Understand the principles and interventions of stage 1 parenting work
2. Know how to build a strong foundation for change with parents
3. Identify what gets in the way of engaging and motivating parents
4. Know the keys to overcoming engagement/motivation challenges
5. Understand core MDFT stage 1 co-parenting teamwork interventions

How to Promote Positive Change in Parents

Friday, July 14, 2023

OBJECTIVES:

1. Understand the parental experience and barriers to change
 2. Understand the sequence of steps necessary to promote change
 3. Understand essential MDFT interventions to promote behavioral change in parents
 4. Develop competencies necessary to apply essential parent change interventions in parent and family sessions
 5. Develop a Therapist Development Plan for working in the Parent Domain
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**** No Refreshers in August 2023**

Parental Conflict and Teamwork

Tuesday, September 12, 2023

OBJECTIVES:

1. Understand the MDFT principles and interventions to work through parental conflict and facilitate a system of teamwork between parents/caregivers
2. Effectively engage conflicting parents/caregivers in MDFT
3. Promote teamwork with co-parents and help them overcome parental conflicts

Enactment Part 1

Thursday, October 12, 2023

OBJECTIVES:

1. Define enactment multidimensionally – behavior change technique, change theory, and therapeutic process
 2. Identify essential therapist, technique, and therapy process components of enactment
 3. Know the steps of enactment and how to practically incorporate it into sessions
 4. Know the common barriers to learning how to do enactments
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Part 2: Enactment Implementation

Thursday, November 16, 2023

OBJECTIVES:

1. Know the therapist, technique and therapy process components of enactment implementation
 2. Apply the core principles of enactment while watching videos
 3. Know the steps to setting up, facilitating and closing-up enactments
 4. Know the therapist behaviors and skills essential in implementing the three steps of enactment
 5. Apply knowledge of the common roadblocks to enactment implementation while watching videos
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Engaging and Motivating Youth in MDFT

Monday, December 11, 2023

OBJECTIVES:

1. Understand the principles and interventions of stage 1 adolescent work specific to engagement
2. Appropriately engage youth in the therapeutic process and see that there is truly something in this for them
3. Identify what gets in the way of engaging and motivating youth
4. Know the keys to overcoming engagement and motivation challenges
5. Understand core MDFT stage 1 interventions to building a foundation with youth and sustaining it throughout the youth's time in treatment