



APA PsycCRITIQUES REVIEWS MDFT VIDEO

APA PsycCritiques—which compiles expert reviews on tens of thousands of psychology-related books and videos—published a glowing review of Dr. Howard Little's MDFT training video, *Multidimensional Family Therapy: A Research-Proven, Innovative Treatment for Adolescent Substance Abuse*.

In the video, Dr. Little works with 16-year-old Christian. The film includes nine condensed therapy sessions with Christian, his mother—a single parent struggling with personal issues—and Christian's school counselor.

The review, aptly named "[A Liddle Therapy Goes a Long Way](#)," praised the video's blended approach of lecture clips and hands-on clinical examples to illustrate the principles of MDFT.

From the Review

"This film is an extremely useful training tape that demonstrates an approach to working with adolescents dealing with drug abuse, as well as their families. The viewer gets to see Liddle's unique approach through a wide lens and live presentation, as well as through a

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MDFT WORKSHOP

AUGUST 23-24, 2016; Riverside, CA

Dr. Howard Little, the developer of MDFT, will be leading the workshop *Adolescent Substance Abuse and Conduct Disorder: 4 Keys to Improved Outcomes* in Riverside County, CA. Participants will learn about integrating the MDFT approach into clinical practice, as well as other topics including addressing barriers to treatment and enhancing clinical skills. [READ MORE](#)

narrow, more finely tuned lens where he seizes the opportunity to exemplify the tenets of his approach in a mini-lecture. It provides an overview of a thorough, evidence-based approach to working with families, and captures Liddle's unique ability to develop relationships with adolescents with substance abuse and their family members and community stakeholders, as well as his ability to instill hope and motivation, facilitate expression and interchange, and develop therapeutic alliances that are known to contribute significantly to successful outcomes among relational therapy models."

2016 MDFT TRAINERS' MEETING

This year's Trainers' Meeting in Miami, FL was a huge success! We were pleased to see most of our MDFT veteran trainers back again, and also to welcome some first-time attendees, including supervisors Nick Bond, Rosa Alvarenga, and Paula Witt, MDFT Netherlands Trainer Sylvia Cool, and trainer-in-training Shazia Kareem. For the first time ever, this year's conference featured two live demonstrations of supervision. Dr. Howard Little and Kelly Collyer presented a strongly cathartic DVD review with a Bay-Area therapist, and therapist Sandra Alvarado from [Concept Health Systems](#) in Miami was brave enough to do a fantastic, live demonstration of DVD review with Dr. Gayle Dakof.

