

TRAINING WORKSHOP



multidimensional
FAMILY THERAPY

About MDFT: Multidimensional Family Therapy (MDFT) is a highly rated evidence-based treatment for youth problems and disorders. MDFT provides individual therapy for the youth parenting interventions, family therapy, and case management/family advocacy in one complete and integrated package. MDFT focuses on key areas of the youth's life and provides an effective and cost-efficient treatment.

MDFT addresses a range of youth problem behaviors – mental health disorders, substance abuse, delinquency, antisocial and aggressive behaviors, school and family problems, and emotional difficulties. In addition to its strong research outcomes, MDFT has high satisfaction ratings from teens and young adults, parents, therapists, and community collaborators.

MDFT has 30 years of research supporting it. Today, clinicians implement and sustain MDFT programs in over 150 public and private settings throughout the United States and Europe. The MDFT research program is consistently identified as exemplary among evidence-based practices.

BASICS WORKSHOP

An MDFT Basics Workshop is a great format for learning the very basic information of MDFT: **What it is, Who it serves, How to implement it, and Why MDFT is one of the most highly rated and easy to implement evidence based programs (EBP) for youth from ages 9 - 25.** The Workshop is a 2-hour overview of MDFT and is delivered by the MDFT directors or highly experienced MDFT Trainers.

Because MDFT can be implemented in all levels of care (i.e., outpatient, in-home, intensive outpatient, residential) and sectors (e.g., mental health, substance abuse, child welfare, juvenile and criminal justice), the focus and content of the Intensive can be tailored to your group's specific interests.

The Basics Workshop has the following learning objectives:

- Understand the MDFT perspective, main features, and evidence base
- Learn key MDFT interventions with the adolescent, parents, family and community.
- Obtain information on MDFT training programs and implementation services

Cost: FREE

CEs: *This program is pending approval from the National Association of Social Workers.*

In some states and specialties, proof of attendance to an intensive training is sufficient to earn CEs, and we are happy to provide certificates showing proof of attendance upon request.