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Attachment-based family therapy for depressed and suicidal adolescents

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Attachment-Based Family Therapy (ABFT) is an empirically-supported treatment for depressed and suicidal adolescents. In this presentation, Dr. Russon will use lecture and PowerPoint to provide an overview of the clinical strategies, and research support for ABFT. In the first 10 minutes of the presentation, the presenter will provide a brief overview of theoretical principles and research support for ABFT. In the next 10 minutes, she will give an overview of the five treatment tasks: reframing therapy to focus on interpersonal development; building alliance with the adolescent; building alliance with the parents; facilitation of conversations to resolve attachment ruptures and; promoting autonomy in the adolescent. Following this, questions will be answered. Participants will be provided with a handout of the PowerPoint slides which detail the model being presented. Learning objectives for participants include: discuss the empirical support for ABFT and; explain the purpose of the five treatment tasks in ABFT. Current and future research will be discussed.

Biography

Jody Russon, PhD is a project manager, Post-doctoral research fellow, and Family Therapist at the Center for Family Intervention Science at Drexel University. She currently oversees the Family Safety Net II research project: an NIMH-funded randomized controlled trial testing the effectiveness of Attachment-Based Family Therapy (ABFT) for depressed and suicidal adolescents. Her research is focused on family intervention and implementation sciences for underprivileged populations. She recently obtained funding to conduct an implementation study for ABFT at an LGBTQIA community center.

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