
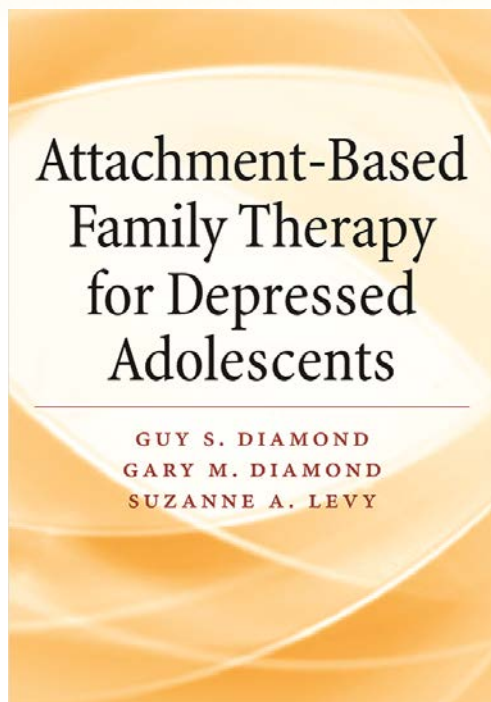


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Attachment-Based Family Therapy for Depressed Adolescents

Guy S. Diamond, Gary M. Diamond, and Suzanne A. Levy

Attachment-Based Family Therapy (ABFT) is the only empirically supported family therapy model designed to treat adolescent depression. This book describes clinical strategies for therapists, as well as the theoretical basis of the approach and the evidence base that supports it.

ABFT emerges from interpersonal theories that suggest adolescent depression and suicide can be precipitated, exacerbated, or buffered against by the quality of interpersonal relationships in families. ABFT aims to repair interpersonal ruptures and rebuild an emotionally protective, secure-based, parent-child relationship. The treatment initially focuses on repairing or strengthening attachment and then turns to promoting adolescent autonomy.

In particular, the authors delineate five treatment phases, or “tasks,” each of which has distinct goals and strategies. Thus, while the model is trauma focused and process oriented, it includes a structure and a clear roadmap for facilitating the reparative process. The chapters blend empirical research with clinical guidance, illustrative vignettes, and a case study. With its unique emphasis on the depressed adolescent’s need for attachment and autonomy, this book will

show family therapists how to create in-session, corrective attachment experiences where adolescents seek—and parents provide—love and support. 2014. Hardcover. 280 Pages.

List: \$69.95
ISBN 978-1-4338-1567-6

APA Member/Affiliate: \$49.95
Item # 4317324

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Guy S. Diamond, PhD, is a family psychologist, Associate Professor in Psychology in the Department of Psychiatry in the University of Pennsylvania School of Medicine, and the Director of the Center for Family Intervention Science at Children’s Hospital of Philadelphia. After 20 years at this august institution, he will retire as Professor Emeritus and become the Director of the Family Therapy PhD program at Drexel University, where he will establish the Attachment-Based Family Therapy national and international training center and continue to run the Center for Family Intervention Science.

Gary M. Diamond, PhD, is a clinical psychologist and Associate Professor, Department of Psychology, Ben-Gurion University of the Negev in Beer Sheva, Israel. His research focuses on the process and outcome of family-based treatments. He is particularly interested in the therapeutic alliance, emotional processing, and the development and testing of family therapy for lesbian/gay/bisexual individuals and their parents. Dr. Diamond conducts Attachment-Based Family Therapy (APFT) training workshops and supervision for therapists both in Israel and internationally.

Suzanne A. Levy, PhD, was the Training Director and a clinical child psychologist at the Center for Family Intervention Science at the Children’s Hospital of Philadelphia (CHOP). After 9 years at CHOP, Dr. Levy has become the Training Director of the ABFT Training Program at The Center for Family Intervention Science in the College of Nursing and Health Professions at Drexel University. Dr. Levy conducts Attachment-Based Family Therapy (ABFT) training workshops and supervision for therapists involved in the center’s clinical trials, as well as therapists both nationally and internationally.

For more information on Attachment-Based Family Therapy, visit www.abfttraining.com