



Attachment-Based Family Therapy for Depressed Adolescents

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

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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," which each have 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.

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Editorial Review

Review

This is an effective book with a step-by-step approach to learning ABFT. It is easy to read and will appeal to novice therapists as well as seasoned veterans. --Doody's Review Service

This book cogently describes attachment-based family therapy for adolescent depression. Firmly grounded in attachment and family systems theories and in research about adolescent depression, this empirically supported treatment centers on strengthening the family context so that it can support the adolescent's recovery. Both clinicians and students will find this book easily accessible and filled with valuable strategies and techniques.

Jay Lebow, PhD, Editor, Family Process; Clinical Professor of Psychology, The Family Institute, Northwestern University, Evanston, IL

Attachment-Based Family Therapy for Depressed Adolescents is thoughtfully written by the pioneers of this clinically sensitive, systemically oriented, evidence-based intervention for a growing population of young people and their families. The authors offer a conceptual grounding for this emotion-focused, trauma-based, process- and experientially oriented approach and provide practical guidance for implementing it. This tour de force is a must-have for all practitioners working with depressed adolescents and their families as well as scholars focused on depression in a family context. --Nadine J. Kaslow, PhD, ABPP, President, American Psychological Association; Professor, Emory University School of Medicine, Atlanta, GA

This unique book describes in a clear and extraordinarily useful way how to safely and effectively treat some of the most troubled patients. More than that, it provides a way for clinicians, almost regardless of orientation, to think about the issues faced by this patient group and their families. It is an exceptionally helpful book that all clinicians working with distressed young people should have.

Peter Fonagy, PhD, DipPsy, FBPSA, FBA, Director, UCLPartners Mental Health and Wellbeing Programme; Head of the Research Department of Clinical, Educational and Health Psychology, University College London, England

Diamond, Diamond, and Levy present a highly engaging presentation of the theory, research, and clinical specification of attachment-based family therapy an empirically supported treatment of adolescent depression. This volume is a must-read for therapists and trainees interested in understanding the contextual nature of adolescent depression and how family relations can be enhanced to improve youth functioning. --Scott W. Henggeler, PhD, Professor, Family Services Research Center, Medical University of South Carolina, Charleston

This program will empower therapists to treat depressed adolescents more holistically, more systematically, and more dynamically while still using a short-term evidence-based approach. --PsycCRITIQUES

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Scott W. Henggeler, PhD, Professor, Family Services Research Center, Medical University of South Carolina, Charleston

About the Author

Guy S. Diamond, PhD, is an associate professor of 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 The Children's Hospital of Philadelphia. In 2014, he will move the Center for Family Intervention Science to Drexel University's College of Nursing and Health Professions. At Drexel University, he will also become the director of the Couples and Family Therapy Doctoral Program and establish the Attachment-Based Family Therapy (ABFT) Training Program.

Gary M. Diamond, PhD, is a clinical psychologist and associate professor in the Department of Psychology at Ben-Gurion University of the Negev in Beer Sheva, Israel. His research focuses on the processes and outcomes 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.

Suzanne A. Levy, PhD, is a licensed clinical psychologist and director of the ABFT Training Program at Drexel University's College of Nursing and Health Professions. Prior to this, she was the training director and a clinical child psychologist at the Center for Family Intervention Science at the Children's Hospital of Philadelphia. She conducts ABFT training workshops and supervision for therapists involved in the center's clinical trials, as well as therapists both nationally and internationally. She has presented regionally, nationally, and internationally on ABFT, emotion coaching, child and adolescent therapies, adolescent depression, adolescent development, and adolescent substance use.

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