

## 4-DAY LIVE VIRTUAL OR IN-PERSON TRAINING

# AF-CBT Training and Consultation

## Day 1 of 4

- **FORMAT:** Live Virtual (Synchronous) or In Person
- **DURATION:** 4 Hours
- **TIME:** 12:00 – 4:00 PM ET
- **TRAINER:** Ashley Fiore, LCSW
- **TOTAL CES:** 14.0 NBCC & ASWB

**CE Credits Available:** 14.0 NBCC CEs | 14.0 ASWB CEs (Course #6593) • NBCC ACEP No. 8098 • Post-training evaluation required for CE credit

### SESSION AGENDA

3.5 CEs This Day

| TIME (ET)              | CES        | TOPIC AND CONTENT (TEACHING METHODS)                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>12:00 – 1:00 ET</b> | <b>1.0</b> | <b>AF-CBT Principles and Model Overview</b><br><i>(Didactic instruction, large group discussion)</i><br>Overview of AF-CBT theoretical models and evidence base • AF-CBT case eligibility and screening • Case examples for eligibility determination • Session Guides and their role in fidelity monitoring                                                                                                                            |
| <b>1:00 – 1:15 ET</b>  |            | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>1:15 – 2:45 ET</b>  | <b>1.5</b> | <b>AF-CBT Phase 1: Orienting to Treatment and Alliance Building</b><br><i>(Didactic instruction, discussion, case application)</i><br>Topic 1: Orienting to Treatment — reviewing past treatment experiences, weekly safety check-in, home practice, and crisis identification • Topic 2: Alliance Building and Engagement — positive and stressful life experiences, Pro/Con Decisional Balance, assessment feedback, and goal setting |
| <b>2:45 – 3:00 ET</b>  |            | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>3:00 – 4:00 ET</b>  | <b>1.0</b> | <b>AF-CBT Topic 3: Learning About Feelings and Experiences</b><br><i>(Didactic instruction, case application)</i><br>Identifying feelings • Understanding positive and negative family interactions • Psychoeducation on use and impact of family abuse and conflict                                                                                                                                                                    |

## 4-DAY LIVE VIRTUAL OR IN-PERSON TRAINING

# AF-CBT Training and Consultation

## Day 2 of 4

- FORMAT:** Live Virtual (Synchronous) or In Person
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### SESSION AGENDA

3.5 CEs This Day

| TIME (ET)       | CES | TOPIC AND CONTENT (TEACHING METHODS)                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12:00 – 1:00 ET | 1.0 | <b>AF-CBT Topic 4: Talking About Family Experiences and Psychoeducation</b><br><i>(Didactic instruction, discussion)</i><br>Family of origin discipline experiences • Child’s exposure to positive and negative experiences • Discussion of referral incident and conflict situations • Psychoeducation on use and impact of family abuse and conflict                                                                           |
| 1:00 – 1:15 ET  |     | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 1:15 – 2:45 ET  | 1.5 | <b>AF-CBT Topics 5–8: Emotion Regulation and Restructuring Thoughts</b><br><i>(Didactic instruction, skills demonstration, case application)</i><br>Physical cues to anger and anxiety — identifying triggers • Controlled breathing and progressive muscle relaxation; application to upsetting experiences • ABC Model Pathway — modeling with recent and referral incident experiences • Challenging key problematic thoughts |
| 2:45 – 3:00 ET  |     | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 3:00 – 4:00 ET  | 1.0 | <b>AF-CBT Topics 7–8 continued: Application and Practice</b><br><i>(Video demonstration, small group practice, large group discussion)</i><br>Client video demonstration: applying the ABC Pathway in groups • Clinician modeling and personal application of ABC Pathway process • TED Talk excerpt on reframing; group discussion on successful cognitive change                                                               |

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### SESSION AGENDA

3.5 CEs This Day

| TIME (ET)       | CES | TOPIC AND CONTENT (TEACHING METHODS)                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12:00 – 1:00 ET | 1.0 | <b>AF-CBT Topic 9: Noticing Positive Behavior</b><br><i>(Didactic instruction, video demonstration)</i><br>Caregiver as coach — consistency, attending, praise, and positive reinforcement • Rewards and giving effective instructions • Application to client video demonstration                                                                                                                                          |
| 1:00 – 1:15 ET  |     | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                |
| 1:15 – 2:45 ET  | 1.5 | <b>AF-CBT Topics 10-11: Assertiveness, Social Skills, and Managing Behavior</b><br><i>(Didactic instruction, role play, skill practice)</i><br>Making requests, standing up for yourself, social support plans, social skills role play • Guidelines for effective discipline: active ignoring, removing privileges, time out, contracts • Skill application: matching the skill to the behavior; child video demonstration |
| 2:45 – 3:00 ET  |     | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                |
| 3:00 – 4:00 ET  | 1.0 | <b>AF-CBT Topic 12: Imaginal Exposure and Preparation for Clarification</b><br><i>(Didactic instruction, discussion)</i><br>Demonstrating initiation of imaginal exposure • Discussing imaginal exposure challenges with the group                                                                                                                                                                                          |

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## SESSION AGENDA

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| TIME (ET)       | CES | TOPIC AND CONTENT (TEACHING METHODS)                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12:00 – 1:00 ET | 1.0 | <b>AF-CBT Topic 14: Verbalizing Healthy Communication</b><br><i>(Didactic instruction, small group practice)</i><br>Communication skills • Communication alternatives practice in small groups using completed handout                                                                                                                                                                                       |
| 1:00 – 1:15 ET  |     | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                 |
| 1:15 – 2:45 ET  | 1.5 | <b>AF-CBT Topics 13 and 15: Preparation for and Enhancing Safety Through Clarification</b><br><i>(Didactic instruction, demonstration, small group activity)</i><br>Rationale and drafting of clarification letter • Preparing caregiver and child separately for clarification • Conducting and post-processing clarification • Client sample letters: evaluating and providing feedback in breakout groups |
| 2:45 – 3:00 ET  |     | <b>Break</b>                                                                                                                                                                                                                                                                                                                                                                                                 |
| 3:00 – 4:00 ET  | 1.0 | <b>AF-CBT Topics 16-17: Solving Family Problems and Graduation</b><br><i>(Didactic instruction, practice, discussion)</i><br>Rationale and practice of 6 Problem Solving Steps • Application and review of home practice with problem solving • Graduation: reviewing progress, relapse prevention planning, and termination • AF-CBT certification process and case considerations                          |

### LEARNING OBJECTIVES Upon completion of training, participants will be able to:

- 1 Describe the theoretical basis and three phases of AF-CBT and apply case eligibility criteria to clinical referrals
- 2 Implement AF-CBT Topics 1-4 to orient families to treatment, build therapeutic alliance, and provide psychoeducation on family conflict
- 3 Apply Emotion Regulation and Cognitive Restructuring techniques (Topics 5-8) to help caregivers and children identify triggers, regulate emotions, and challenge unhelpful thoughts
- 4 Facilitate Positive Behavior techniques and behavior management strategies (Topics 9-11) to strengthen caregiver skills and reduce coercive parenting
- 5 Conduct imaginal exposure and guide caregiver and child through the clarification process (Topics 12-15)
- 6 Implement Problem Solving and Graduation components (Topics 16-17), including relapse prevention planning and preparation for AF-CBT certification

**Reminder for CE Credit:** Attendance for all training days is required for full CE credit. Participants must complete the post-training evaluation to receive their CE certificate. Certificates are issued within 5 business days of evaluation completion.

## ATTENDANCE TRACKING AND CE CREDIT POLICY

Attendance is tracked via Zoom participant logs, which record each participant's join and leave times as the official record of participation. Please join using your full legal name as registered. Joining under a nickname, a colleague's name, or a partial name may result in a delay or inability to issue your CE certificate.

CE credit is calculated based on documented participation time and issued in quarter-hour increments (1 CE hour = 60 minutes). Participants present for the full training receive the maximum CE hours offered; those missing a portion receive prorated credit accordingly. CE certificates cannot be issued for viewing recordings in lieu of live attendance.

If you experience a technical issue or must step away, please rejoin promptly and notify the trainer. If a technical issue prevents you from rejoining, contact [ashley@ashleyfiore.com](mailto:ashley@ashleyfiore.com) within 24 hours of the training.

## REGISTRATION AND REFUND POLICIES

### PARTICIPANT REFUND POLICY

- **60+ days before training:** Fully refundable or transferable to another training.
- **30 to 59 days before:** Gift coupon for 50% of registration fee toward another training. No cash refund.
- **Less than 30 days before:** No refund.
- **Consultation registration:** Not refundable or transferable due to limited call group space.
- **Extenuating circumstances:** Exceptions may be made for medical emergencies at Ashley Fiore, LCSW PLLC's discretion.

### CANCELLATION BY ASHLEY FIORE, LCSW PLLC

Ashley Fiore, LCSW PLLC reserves the right to cancel any training due to unforeseen circumstances, including insufficient enrollment, instructor illness, or other factors beyond our control.

In the event of cancellation, participants will be notified promptly and offered alternative dates or a full refund. Ashley Fiore, LCSW PLLC shall not be held liable for costs incurred by participants, including travel expenses.

### PARTICIPANT SUBSTITUTION POLICY

If a registered participant is unable to attend, they may request to substitute another individual in their place. Requests are assessed based on program capacity, eligibility criteria, and training requirements.

Provide the substitute's name, contact information, and relevant qualifications. Approved substitutions confirmed in writing; fee differences reconciled. Denied requests communicated in writing within 5 business days.

### TRANSFER OF REGISTRATION POLICY

A registered participant may request to transfer their registration to an alternative session no later than two weeks prior to the scheduled start date.

Requests are assessed based on capacity and eligibility. Approved transfers confirmed in writing; fee differences reconciled. Denied requests communicated in writing within 5 business days.

### GRIEVANCE POLICY

Should participants have complaints about course content, speakers, facilities, non-receipt of certificates, or other issues, a grievance may be filed in writing within 30 days of the training by emailing [ashley@ashleyfiore.com](mailto:ashley@ashleyfiore.com).

The licensed social work consultant will be involved in all grievance resolutions for social workers. Ashley Fiore, LCSW PLLC keeps records of all grievance reports and all actions taken to address the grievance, whether the complaint was made to the provider, ASWB, or another entity. Steps taken in the resolution process and outcome are provided to the ASWB program as requested; all feedback is valued and used to improve future courses and ensure the best experience for learners.

### Questions about registration, CE credit, or policies?

Contact [ashley@ashleyfiore.com](mailto:ashley@ashleyfiore.com) or (828) 230-1637 • Ashley Fiore, LCSW PLLC • 725 Merrimon Ave. #8337, Asheville, NC 28804