4-DAY LIVE VIRTUAL OR IN-PERSON TRAINING

AF-CBT Training and Consultation

FORMAT Live and interactive on Zoom (synchronous), or in person

DURATION 4 Hours Each Day (3.5 Hours of Instruction) **TIME** 12:00 – 4:00 PM ET, Each Day **TRAINER** Ashley Fiore, LCSW

TOTAL CES 14.0 NBCC & ASWB

On Zoom, participants take part in real-time discussion, Q&A, video demonstrations, role play and small-group practice in breakout rooms. A computer with camera, microphone and the current version of Zoom is required.

CE Credits Available: 14.0 NBCC CE hours | 14.0 ASWB CE credits (Course #6593) · NBCC ACEP No. 8098 · Full attendance and post-training evaluation required for CE credit

SESSION AGENDA

TIME (ET)	CES	TOPIC AND CONTENT (TEACHING METHODS)
Day 1 of 4 | 3.5 CEs		
12:00 – 1:00	1.0	**AF-CBT Principles and Model Overview** *(Didactic instruction, large-group discussion)* 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
1:00 – 1:15	Break	
1:15 – 2:45	1.5	**Phase 1: Orienting to Treatment and Alliance Building (Topics 1 and 2)** *(Didactic instruction, discussion, case application)* Orienting to Treatment: reviewing past treatment experiences, weekly safety check-in, home practice, and crisis identification · Alliance Building and Engagement: positive and stressful life experiences, Pro-Con Decisional Balance, assessment feedback, and goal setting
2:45 – 3:00	Break	
3:00 – 4:00	1.0	**Topic 3: Learning About Feelings and Experiences** *(Didactic instruction, case application)* Identifying feelings · Understanding positive and negative family interactions · Psychoeducation on use and impact of family abuse and conflict
Day 2 of 4 | 3.5 CEs		
12:00 – 1:00	1.0	**Topic 4: Talking About Family Experiences and Psychoeducation** *(Didactic instruction, discussion)* 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	Break	
1:15 – 2:45	1.5	**Emotion Regulation and Restructuring Thoughts (Topics 5 to 8)** *(Didactic instruction, skills demonstration, case application)* Physical cues to anger and anxiety: identifying triggers · Controlled breathing and progressive muscle relaxation, applied to upsetting experiences · ABC Model Pathway: modeling with recent and referral incident experiences · Challenging key problematic thoughts
2:45 – 3:00	Break	
3:00 – 4:00	1.0	**Emotion Regulation and Restructuring Thoughts, continued: Application and Practice** *(Video demonstration, small-group practice, large-group discussion)* Client video demonstration applying the ABC Pathway in groups · Clinician modeling and personal application of the ABC Pathway process · TED Talk excerpt on reframing; group discussion on successful cognitive change
Day 3 of 4 | 3.5 CEs		

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12:00 – 1:00	**1.0**	**Topic 9: Noticing Positive Behavior** *(Didactic instruction, video demonstration)* Caregiver as coach: consistency, attending, praise, and positive reinforcement · Rewards and giving effective instructions · Application to client video demonstration
1:00 – 1:15	**Break**	
1:15 – 2:45	**1.5**	**Topics 10 and 11: Assertiveness, Social Skills, and Managing Behavior** *(Didactic instruction, role play, skill practice)* 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	**Break**	
3:00 – 4:00	**1.0**	**Topic 12: Imaginal Exposure and Preparation for Clarification** *(Didactic instruction, discussion)* Demonstrating initiation of imaginal exposure · Discussing imaginal exposure challenges with the group

Day 4 of 4 | 3.5 CEs

12:00 – 1:00	**1.0**	**Topic 14: Verbalizing Healthy Communication** *(Didactic instruction, small-group practice)* Communication skills · Communication alternatives practice in small groups using completed handout
1:00 – 1:15	**Break**	
1:15 – 2:45	**1.5**	**Topics 13 and 15: Preparation for and Enhancing Safety Through Clarification** *(Didactic instruction, demonstration, small-group activity)* 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	**Break**	
3:00 – 4:00	**1.0**	**Topics 16 and 17: Solving Family Problems and Graduation** *(Didactic instruction, practice, discussion)* 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 to 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 to 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 to 11) to strengthen caregiver skills and reduce coercive parenting
5. Conduct imaginal exposure and guide caregiver and child through the clarification process (Topics 12 to 15)
6. Implement Problem Solving and Graduation components (Topics 16 and 17), including relapse prevention planning and preparation for AF-CBT certification

Reminder for CE Credit: Attendance for all training days is required, and partial credit is not available. Complete the post-training evaluation to receive your CE certificate, which is issued within 5 business days.

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ATTENDANCE AND CE CREDIT

For Zoom sessions, attendance is tracked with Zoom participant reports, which record each participant's join and leave times as the official record of participation. Please join using your full name as registered. Joining under a nickname, a colleague's name, or a partial name may delay your certificate.

To receive CE credit, you must attend the entire training and complete the post-training evaluation. **Partial credit is not available**, and certificates can't be issued for watching a recording in place of live attendance. Certificates are issued within 5 business days of completing the evaluation.

If a technical problem pulls you out of the session, rejoin as quickly as you can and let the trainer know in the chat. If you miss part of the training, CE credit can't be issued. Transfers to a future offering for missed time are at Ashley Fiore, LCSW PLLC's discretion and are not guaranteed.

REGISTRATION, REFUNDS, AND CANCELLATION

PARTICIPANT REFUND POLICY

Your registration covers both the training days and the consultation calls.

60 or more days before the first training day: full refund, or transfer to a future cohort.

30 to 59 days before: no cash refund, but a credit for 50% of the registration fee toward a future training.

Fewer than 30 days before: no refund or transfer.

Once training begins: no refund for any part of the registration, including consultation calls you don't attend.

Substitutions. A colleague who meets the training's eligibility requirements may take your place for both the training and consultation if you let us know before the first training day. Email ashley@ashleyfiore.com to arrange it.

Emergencies. Exceptions may be made for medical emergencies at Ashley Fiore, LCSW PLLC's discretion.

CANCELLATION BY ASHLEY FIORE, LCSW PLLC

If Ashley Fiore, LCSW PLLC cancels or reschedules a training for any reason, including low enrollment or instructor illness, you'll be notified promptly and offered a full refund or a free transfer, whichever you prefer.

Ashley Fiore, LCSW PLLC is not responsible for travel or other costs participants incur.

ACCESSIBILITY

We want everyone to be able to participate fully. If you need an accommodation, such as captioning, materials in an alternate format, or scheduled breaks, please email ashley@ashleyfiore.com at least 10 business days before the training, and we'll work with you to arrange it.

GRIEVANCE POLICY

If you have a concern about a training, including course content, the trainer, the facility or platform, a refund request, or a certificate you haven't received, please email ashley@ashleyfiore.com within 30 days of the training. We'll acknowledge your concern within 5 business days and work toward a resolution within 30 days.

Geoff Sidoli, MSW, LCSW, our social work planner, takes part in resolving every grievance from a social worker, so each concern is reviewed by a licensed social worker other than the CE director. We keep a record of each grievance and the steps taken, share it with ASWB or NBCC when requested, and report complaints to NBCC as its policy requires. Every concern is used to improve future trainings.

CE APPROVALS

NBCC. Ashley Fiore, LCSW, PLLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 8098. Programs that do not qualify for NBCC credit are clearly identified. Ashley Fiore, LCSW, PLLC is solely responsible for all aspects of the programs.

ASWB. AF-CBT Training and Consultation, course #6593, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Ashley Fiore, LCSW PLLC as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 1/5/2026 – 1/5/2028. Social workers completing this course receive 14 continuing education credits.

Questions about registration, CE credit, or policies? ashley@ashleyfiore.com | (828) 230-1637 | 725 Merrimon Ave. #8337, Asheville, NC 28804

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