

# Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT)



**AF-CBT** is a behavioral family intervention for school-aged children (5-17) and their caregivers that targets concerns with conflict, anger, aggression, or ineffective discipline (see [www.afcbt.org](http://www.afcbt.org)). The child and caregiver attend both individual and joint/family sessions across three phases:

- 1) Engagement/psychoeducation,
- 2) Individual skills-building, and
- 3) Family applications.

Participants learn to apply evidence-based coping and interpersonal skills. AF-CBT integrates common intervention techniques to enhance emotion regulation, perspective-taking, positive parenting and behavior management skills, social skill, recovery from traumatic experience, conflict resolution, problem-solving, and healthy family communication.

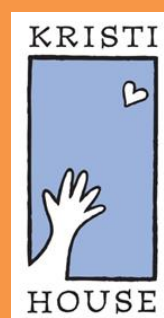
## Who is Eligible for AF-CBT? A family with any or all of the following:

- A family or caregiver-child dyad experiencing frequent conflicts, arguments, or angry feelings.
- A caregiver with concerns about using harsh/ineffective physical force/discipline, who has done something that could have injured/hurt a child, or who has an allegation/report of physical or emotional abuse.
- A child (5-17) who exhibits behavioral dysfunction (e.g., aggression; Conduct Disorder, Oppositional Defiant Disorder), or experiences trauma symptoms (e.g., PTSD) secondary to physical abuse/aggression.

## Is the Family able to benefit from AF-CBT? Key Criteria:

- Child age 5-17 is able to participate in services now or soon
- At least one caregiver is able to participate in services now or soon
- Child and caregiver could be together in joint family sessions
- Participants could benefit from services (i.e., are not inappropriate due to severe cognitive limitations/mental illness/drug abuse)
- If they are separated, reunification is a possible end goal after addressing conflict

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