



CENTER FOR CHILD
& FAMILY HEALTH

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

OVERVIEW

Alternatives for Families: A Cognitive-Behavioral Therapy (AF-CBT) is a behavioral family intervention for families who exhibit or are at risk for problems with anger, aggression, and/or child physical abuse. AF-CBT seeks to improve relationships between school-aged children and their parents/caregivers using a comprehensive approach that targets the risks for conflict and coercion and the clinical consequences of its exposure.



60- to 90-minute sessions



length of treatment varies based on clients needs

SERVICE DELIVERY

AF-CBT has been successfully delivered in diverse settings, such as clinics, in-home, residential treatment facilities, schools and juvenile detention facilities.

Outcomes

- Reductions in violence and abuse risk: children and parents in CBT and Family Therapy (FT) groups showed greater decreases in physical aggression, child abuse risk, and beliefs in the need for physical punishment
- Lower recidivism and abuse risk
- Improved child behavior and family functioning

www.ncchildtreatmentprogram.org

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

TRAINING OVERVIEW

NC CTP provides mental health professionals with comprehensive training through structured Learning Collaboratives, featuring instruction, coaching, and agency support.

TRAINING REQUIREMENTS

- Licensed in the state of NC
- Minimum one year of post-Master's clinical experience
- Commitment to evidence-based practices
- Effective documentation and time management skills

 **Optimize**

Our model encourages clinicians to train as part of a team alongside a leader from their agency. While clinicians focus on clinical training, senior leaders will follow a separate learning track dedicated to integrating the evidence-based treatment (EBT) into agency-wide practice."

TRAINING BENEFITS

- Train with nationally-recognized experts focused on clinical competency, fidelity, and implementation success
- Inclusion in the NC CTP public graduate roster upon completion
- Full AHEC credit available for 100% program participation (no partial credit)

TRAINING DATES ONLINE

Assessment Webinar:

Oct 30, 2025

9:00 - 12:00 PM

AF-CBT Workshops:

Nov 3, 5, 10, & 12, 2025

9:00 AM - 1:00 PM

TRAINING COST

AF-CBT is offered at a subsidized rate due to the generous support of the North Carolina General Assembly.

Tuition is \$500 per clinician.

APPLY NOW

For any inquiries, please reach out to the training specialist:



Aminah Weeks



aminah.weeks@duke.edu