

## **Adolescent Family Behavior Therapy Menu of Training Options**

Licensed mental health/substance abuse providers who are interested in training will need to negotiate fees directly with qualified trainers of FBT who act as contractors independent of Dr. Donohue and UNLV. Discussions with both providers and trainers throughout the United States appear to indicate that appropriate fees for FBT workshops, on-going training meetings, session-audio tape reviews, and prescribed phone meetings are **typically negotiated between 100.00 and 200.00 per hour**. Individuals may participate in Full Adolescent FBT training, or sample FBT training components to determine its fit within the agency or complement implementation of existing evidence-supported interventions. The following guidelines are presented to show customary training tasks. Fees may be negotiated based on these training protocols. These guidelines are based on a team of up to 4 licensed providers in on-going training meetings (usually performed through video- or phone-conferencing) and up to 8 providers in workshops per 1 trainer. Travel expenses are also negotiated, and often include hotel, airfare, meals. Fees may be adjusted upon less providers being trained or to assist funding limitations. It is also possible to cost-share with other agencies to lower training expenses (e.g., split workshop fees, share books, tape recorders) and/or charge other attendees outside the agency for continuing education units for licensure.

### **Full Adolescent FBT Training tasks that are negotiated between trainer and provider:**

1. 1 [training manual](#) for each trainee.
2. 1 electronic tape recorder for each trainee.
3. 84 hours of workshop training (usually 3 workshops of 3.5 days) w/ all trainees.
4. 12 mos. of 1.5 hr./week of on-going telephone/ video training w/ all trainees.
5. 72 session audio-tape reviews across 12 mos. performed by trainer.
  - a. Each trainee submits a recording of all FBT sessions.
  - b. Provider listens to 1 or 2 recordings per week per team of trainees at random.
6. .5 days of on-site infrastructural training with licensed supervisor (and possibly agency head) only.
  - a. Usually at the end of 1<sup>st</sup> workshop.
  - b. Includes setting up evaluation procedures and intervention protocol forms.
  - c. Review how on-going training meetings will occur.
  - d. Review how adherence to model will be assured.
7. 4 quarterly calls up to 1 hr./call w/ agency head, supervisor, & FBT trainer.

### **Adolescent FBT Internal Trainer Training tasks that do not customarily involve additional fees:**

1. Completion of Full Adolescent FBT Training (see Full Adolescent FBT Training above).
2. .5 day licensed supervisor training.
3. Implementation of 2<sup>nd</sup> Adolescent FBT Trainer Workshop protocol as 2ndry trainer w/ FBT trainer (at least .80 protocol adherence).
  - a. The supervisor will assist implementation of the 2<sup>nd</sup> of 3 workshops w/ FBT trainer.
4. Implementation of 3rd Adolescent FBT Trainer Workshop protocol as primary trainer w/ FBT trainer (at least .80 protocol adherence).
  - a. The supervisor will implement 3<sup>rd</sup> of 3 workshops w/ FBT trainer assisting the training.

### **Sampling FBT Adolescent Training Components (prices negotiated between trainer and agency):**

1. .5 day workshop: learning to obtain referrals, establish agendas, treatment plans, orient to FBT.
2. .5 day workshop learning to establish goals, contingencies & intrinsic motivation.
3. .5 day workshop learning to establish & maintain relationships & communication skills.
4. .5 days learning to establish environmental control.
5. .5 days learning to establish self-control.
6. .5 days learning to obtain jobs and financial management.