



## **Accelerated Family Stabilization Program © (AFS)**

**Created by Dr. Summer Allen and Dr. Amy Eichler**

**Accelerated Family Stabilization Program ©** is designed for families experiencing difficulty with shared parenting dynamics and/or relational disconnects within the family system. Additionally, this program is helpful for children who have experienced “refuse and resist” dynamics with parents\*, regardless of cause.

The program typically consists of 10 to 12 sessions over 3 months, in conjunction with the individual therapy of the child. Factors determining duration include availability / scheduling, number of family members involved (additional children, other adults), and commitment of participants to the program.

\*Child refuses contact, resists contact, or otherwise limits interaction with a parent.

### ***Goals***

- Help the family become forward and future focused;
- Grant the child permission to have a relationship with all parental roles by supporting and encouraging the parent-child relationship;
- Create a new narrative regarding family conflict management & resolution;
- Provide a space for parents to apologize to the child for the high conflict nature of the family dynamics;
- Reduce psychological impact of conflict on child;
- Enable the family to move forward with a restored commitment to healthier family dynamics.

### ***Structure***

- Individual educational sessions for each parent, ongoing education/resources provided;
- Individual prep/coaching session for each parent in preparation for joint coaching session;
- Joint co-parenting coaching session in preparation for family therapy session);
- Family therapy with child (both parents in attendance) to course correct and provide a unified message to the child;
- Maintenance family therapy (bi-weekly or monthly maintenance sessions), check-ins with child in individually, and joint/individual coaching for parents as needed.