

WHAT IS CIFTA?

CIFTA is a treatment that seeks to strengthen families and promote the healthy development of youth.

CIFTA can be used for the purpose of prevention and/or treatment of more severe problems.

CIFTA can help youth and their families with things such as:

- Youth leading a successful life
- Improving family communication
- Issues related to sexual orientation
- Difficulties in school due to academic and/or behavior problems
- Adapting to a new culture
- Anger, sadness, frustration, nervousness in youth
- Self-harming behavior in youth
- Family relationship problems
- Avoiding and/or stopping alcohol and/or drug use

CIFTA Includes

- Family Therapy
- Individual Adolescent Therapy
- Computer assisted psycho-educational Sessions (for the adolescent or parent(s) alone or for the entire family)

Our Team

- Experienced counselors work with adolescents and their families to help to improve family functioning
- Counselors and staff are bilingual, all services offered in English and Spanish
- Nationally known experts on family intervention programs

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***I don't know
how the
therapist did it.
My daughter
identified with
her. It was a
beautiful thing.***

- Parent Testimonial

Who Is This Program Designed For?

This program offers you the opportunity to participate in a University of Miami study.

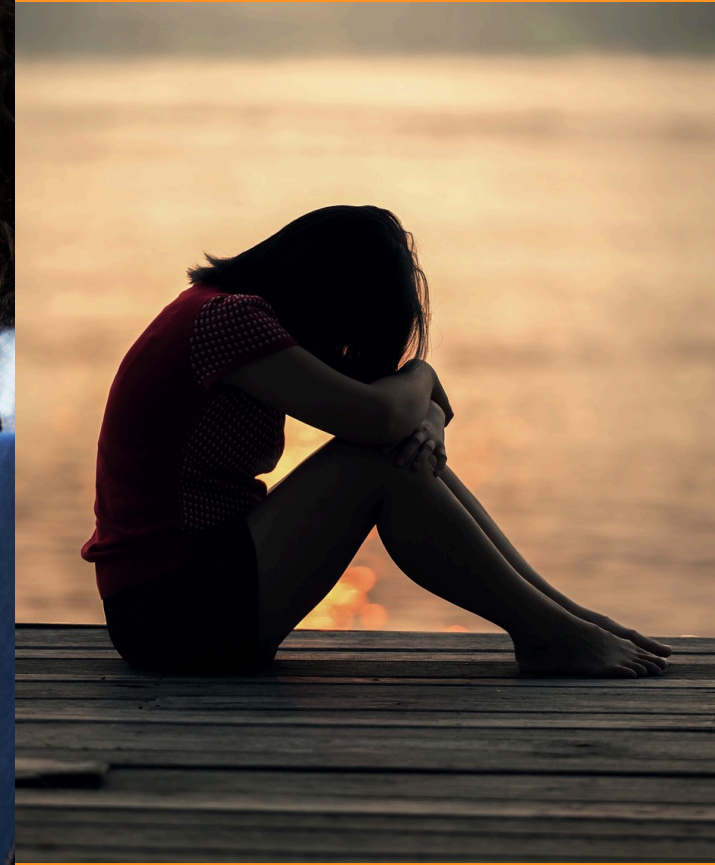
Youth and families will be assigned to receive either family services at the University of Miami or services at a local community agency.

To be eligible to enter the study the adolescent must:

- Be 11 to 18 years of age
- Have engaged in self harm in the past 6 months



Self-harm in adolescents is more common than you think. Our program can help.



SITE

Institute for Individual and Family Counseling
University Miami
1507 Levante Ave, Coral Gables, FL 33146
(305) 857-5839
Gxb563@miami.edu
Giovanna Basmagi

CIFFTA

Culturally Informed & Flexible
Family-Based Treatment for
Adolescents

