

## CONSULTATION GUIDELINES

Each monthly consultation will focus on one of the five FST Phases as outline in the **FST Module Flowchart**. To fully prepare for each Consultation Session, it is important that you complete the following tasks:

1. Prior to each consultation, read/review the specific chapters in your *Treating the Traumatized Child* book
2. Review the corresponding Lessons from the Module(s), if needed
3. Submit your paperwork documenting your delivery of the skill(s) of focus for that consultation session **no later than 48 hours prior to the consultation** (templates needed for paperwork will be provided to you prior each consultation session), along with any specific questions you have related to the application of the skill.

### 1<sup>st</sup> Consultation – Getting Started

- ***Treating the Traumatized Child:***
  - Chapters 3 & 4
- **Orientation**
- **Complete & Submit prior to the 1<sup>st</sup> FST consultation meeting:**
  - Your FST Case Presentation
  - The FST Scaling Question

### 2<sup>nd</sup> Consultation: Phase I of the FST Model – Motivational Phone Call + Stress Chart

- ***Treating the Traumatized Child***
  - Chapters 4 & 5
- **Beginning Treatment**
  - Motivational Phone Call
    - Step 3: The FST Motivational Phone Call Scripts
    - Step 4: The Stick and Move Technique
    - Step 5: The Use of Effective Closing Remarks
- **Phase I of the FST Model**
  - Identify Symptoms (Stressors) & Set the Goals for Therapy
    - Step 1: The Symptom/Stress Chart
    - Step 2: The Seed/Tree Diagram
    - Step 3: The Top Seed and Symptom Selections
    - Step 4: The Choice Between Stabilization or Direct Trauma Work First
    - Step 5: Setting the Goals of Therapy and Engaging the Extended Family
      - Who Before the What
    - Step 6: Consolidate Gains Using Ethnographic Interviews
- **Complete & Submit prior to the 2<sup>nd</sup> FST consultation meeting:**
  - **Phase I**
    - Step 1: Completed Symptoms/Stress Chart

- Steps 2-3: Seed/Tree Diagram with top picks and identified undercurrents
- Step 5: Identify Goals for Therapy (word document)
- Identify the Village

(see examples on pp. 40 & 41 in the *Treating the Traumatized Child* book)

### **3<sup>rd</sup> Consultation: Phase I of the FST Model – Seed Tree Diagram & Undercurrents**

- ***Treating the Traumatized Child***
  - Chapters 6 and 7
- **Pre-Session Preparation for Phase II**
  - Step 1: Select Top Two or Three Undercurrents Causing Toxic Seed and Problem Symptoms
  - Step 2: Select Sample Strategic Directives and Playbooks
  - Step 3: Draw “Before” and “After” Feedback Loops
  - Step 4: Create Customized Homework Lead Sheet
- **Phase II FST Model**
  - **Wound Work Introduction**
    - Step 4: Informed Consent
    - Step 5: Review Highlights from Phase I
    - Step 6: Reveal Wound Undercurrents
    - Step 7: Show Feedback Loops with Sample Playbook
    - Step 9: Homework Assignments
- **Complete & Submit prior to the 3<sup>rd</sup> FST consultation meeting:**
  - **Phase II – Pre-Session Preparation:**
    - **Step 1:** Select the Top 2 or 3 Undercurrents
    - **Step 2:** Sample Playbook (Word Document)
    - **Step 3:** Feedback Loops
    - **Step 4:** Customized Homework lead sheet (Word Document)

(see template and samples on p 168 in the *Treating the Traumatized Child* book)

### **4<sup>th</sup> Consultation: Phase II of the FST Model with Pre-Session Preparation - Wound Work Introduction & Phase III - Co-Create Trauma Playbooks**

- ***Treating the Traumatized Child***
  - Chapters 8, 9 & 10
- **Phase III of FST Model**
  - **Co-Crate Trauma Playbooks**
    - Step 1: Family and Therapist Present Top Strategic Directives
    - Step 2: Therapist Presents Customized Playbooks
    - Step 3: Family, Child, and Therapist Co-Create Playbooks
    - Step 4: Important Final Message
- **Complete & Submit prior to the 4<sup>th</sup> FST consultation meeting**
  - **Phase III**
    - Co-Created Playbook (word document)
  - **Phase IV – Pre-Session Preparation**
    - Step 2 – Draft of Troubleshooting Countermoves Checklist (word document)

(see template and samples on pp.279-286 in the *Treating the Traumatized Child* book)

## **5<sup>th</sup> Consultation: Phase IV – Troubleshooting and Dress Rehearsals**

- ***Treating the Traumatized Child***
  - Chapters 10 & 11
- **Pre-Session Preparation for Phase IV**
  - Step 1: Type Up and Laminate Playbooks
  - Step 2: Create Troubleshooting Countermoves Checklist
  - Step 3: Ensure Key Village Members Will Be Present
- **Phase IV of FST Model**
  - **Troubleshooting and Dress Rehearsals**
    - Step 1: Present Finalized Playbooks and Locate and Close Loopholes
    - Step 2: Present the Troubleshooting Countermoves Checklist
    - Step 3: Co-create the Troubleshooting Countermoves Checklist
    - Step 4: Conduct Role-Plays/Dress Rehearsals and Enactments
    - Step 5: Implement Playbooks
- **Complete & Submit prior to the 4<sup>th</sup> FST consultation meeting**
  - **Phase IV – Pre-Session Preparation:**
    - **Step 1:** Final Playbook
    - **Step 2:** Troubleshooting Countermoves Checklist
  - **Phase IV:**
    - **Step 4:** Dress Rehearsals

(template in FST Supplemental Materials and on pp. 325, 336, 342 in *Treating the Traumatized Child* book)

## **6<sup>th</sup> Consultation: Phase V – Evaluate Progress & Relapse Prevention**

- ***Treating the Traumatized Child***
  - Chapters 12 & 13
- **Phase V of FST Model**
  - **Evaluate Progress and Relapse Prevention**
    - Step 1: Scaling to Assess Overall Progress
    - Step 2: Mini Scales to Consolidate Healthy Undercurrents
    - Step 3: Review Decision Tree for Next Steps
    - Step 4: Co-Create Red Flags Checklist
    - Step 5: If Graduation: Callbacks and Tune-Ups
- **Complete & Submit prior to the 3<sup>rd</sup> FST consultation meeting:**
  - Changes to active playbook(s)
  - **Phase V:**
    - **Step 2:** Mini Scales
    - **Step 4:** Red Flags Checklist
    - **Step 5:** Callback dates
    - Updated **Scaling question** (from beginning of course)

(template in FST Supplemental Materials and on pp. 325, 336, 342 in *Treating the Traumatized Child* book)

**TIMELINE FOR FST PROCESS: approximately 6 months. REMEMBER, if you do not meet regularly with your families and move them along the FST process, you will lose momentum and FST therapy will stall!**