



Agenda for FST | Family Systems Trauma Masterclass Training

Overview

- In Depth Learning of all 12 FST | Family Systems Trauma Techniques
- See the FST techniques in action through video case examples throughout the class
- Practice your delivery of the FST techniques throughout the Masterclass
- Receive Scripts for the FST techniques and the timing of when and how to use each technique
- Learn how the FST techniques can be adapted for both individuals and couples
- Resource Handouts
- A clear pathway to go deeper in the FST Model through FST Coaching or Certification.

Recommended Preparation to Optimize Your Learning (before Masterclass)

Read Chapter 3 of *Treating the Traumatized Child for a Zoom Out* overview of all 12 of the FST Techniques and the sequence and timing of their use in treatment - [click here](#) for link.

FST Model with Treatment Phases and 12 Techniques

Phase I- High Rapport and Locate the Top Problems

#1- FST Motivation and Strength Building

#2- FST Stress Chart

Plus 2 Bonus Techniques

#11- FST Structural-Strategic Theory

#12- FST Nutrition

Phase II- FST Treatment Goals and Extended Family

#3- FST Apple Tree Diagram and Undercurrents

#4- FST Seed and Undercurrent Picks

#5- FST Stabilization or Trauma First

#6- FST Extended Family

Phase III-Implement FST Solutions and Prevent Relapse

#7- FST Safety First Issues

#8- FST Feedback Loops with Written Plans (aka Playbook)

#9- FST Dress Rehearsals and Troubleshooting

#10- FST Relapse Prevention

Day #1

(9:00 AM – 4:30 PM)

Lunch from 12:00pm - 1:00pm

Phase I- High Rapport and Locate the Top Problems

Bonus Technique : Structural-Strategic Theory

#1- **FST Motivation and Strength Building**

#2- **FST Stress Chart**

Bonus Technique: Structural-Strategic Theory

Developed by Salvador Minuchin and Jay Haley during the 1960s and 1970s. From these two theoretical perspectives, trauma is often fueled or caused by an upside hierarchy with no clear leadership from the caregivers. The child or adolescent is in charge and there is a lack of limits (boundaries) or love (nurturance or attachment). Strategic directives called FST Playbooks are used with extensive dress rehearsals or enactments to realign hierarchy and reestablish both nurturing interactions and limits between family members along with clear boundaries. This theory undergirds FST.

- Structural-Strategic Family Therapy in trauma treatment: A Great Match
- See Family Systems Trauma AND Interactional Trauma
- Three Simple Steps: Toxic Seeds, Undercurrents, and Trauma Playbooks

Breakout: Dress Rehearsal Practice: You will be given a case study and you and a colleague from class will use structural-strategic mapping to diagram the case and give your clinical hypothesis with rationale of (1) Is there an imbalance of a soft or hard side of hierarchy and (2) What unhealthy undercurrents are causing this unbalance. The goal is for you to be able to replicate this same process with all of your future cases.

- ✓ Can You Map Out a Case Successfully Using a Structural-Strategic Map?
- ✓ Can You Demonstrate Competency in Soft vs. Hard-Side of Hierarchy?
- ✓ Can You Demonstrate the Ability to Locate Unhealthy Undercurrents?
- ✓ Can You Theory as a Compass to Have an Order Search for Evidence?

FST Core Technique #1- The Motivational Technique

Traditional motivational interviewing is nondirective and tries to get the client to motivate themselves. In sharp contrast, the FST Model is directive and has developed a 7-question script that brings out strengths and empowers your clients with a pre-session phone call and/or face to face intake. Whether you are in the role of clinician or non-clinician, you must still motivate your clients to engage and most of all stay engaged. Our research from this technique alone has increased parent and client engagement rates to over 80%.

You will learn:

- How to motivate your toughest parents to show up and cooperate
- A 7-question Motivational script to start and end treatment
- Move beyond the “just fix my kid” parent mindset
- The strategy of what is called Villian, Victim, Hero
- How to engage your extended family at a high level
- *Listen to Audio Case examples of an actual motivational call.*

Breakout: Dress Rehearsal Practice: You will receive the FST Motivational Interviewing Script and practice it with another colleague. We will highlight top delivery strategies such as “stick and move” so that you can master both the script AND the delivery of the script to obtain these competencies:

- ✓ Can You Deliver the FST Motivational Script Successfully?
- ✓ Can You Demonstrate Competency in Using the Stick and Move Technique?
- ✓ Can You Demonstrate the Use of Effective Closing Remarks?

FST Core Technique #2- The Stress Chart

A solution-focused scaling technique of 0% to 100% (0% = no stress and 100%=high stress) is drawn on a chart or dry erase board. Using this chart, you will learn how to quickly disarm interpersonal conflict amongst family members and immediately locate the top three problem symptoms of the child or adolescent to heal the traumatic symptoms in the here and now. This technique can also easily be adapted for couples work or if you are able to only see an older child individually (minimum age requirement is 10 years old and above).

You will learn these four mini-steps:

Step 1: Ask the Key Transition Question

Step 2: Obtain the Overall Stress Rating from Each Participant

Step 3: Convert Stress into Top Three Problems

Step 4: Locate Safety Stressors

Breakout Dress Rehearsal Practice: You will receive the FST Stress Chart Script and practice it with another colleague on both use of the script and its delivery to obtain these competencies:

- ✓ Can you demonstrate competency through your dress rehearsals that you can deliver each of the four mini-steps in the correct flow and order with good to great delivery?
- ✓ And do you know when and how to apply this technique.
- ✓ Understand your clinical limitations and how to adapt this technique both culturally and with the type of clients you work with?

Phase II- FST Treatment Goals and Extended Family

#3- FST Apple Tree Diagram and Undercurrents

#4- FST Seed and Undercurrent Picks

#5- FST Stabilization or Trauma First

#6- FST Extended Family

FST Core Techniques #3 & 4- The FST Apple Tree Diagram with Seed and Undercurrents

A visual apple tree drawing is drawn for your family, couple, or individual client and used as a visual road map for client to discover the causes of their child's problem symptoms from the stress chart through the use of what are called undercurrents and four toxic seeds (misuse of power, unhealed wounds, mental or physical impairment, unmet primal needs) *that represent the root causes of the trauma.*

You will learn these three mini-steps:

Step 1: Explain the FST Apple Tree

Step 2: Define Toxic Seeds and Undercurrents

Step 3: Family Members Reveal Top Seeds, Undercurrents, and Problem Picks

Breakout: Dress Rehearsal Practice: You will receive the FST Stress/Tree Diagram Script and practice it with another colleague on both use of the script and its delivery to obtain these competencies:

- ✓ Can you demonstrate competency through your dress rehearsals that you can deliver each of the three mini-steps in the correct flow and order with good to great delivery?
- ✓ And do you know when and how to apply this technique?
- ✓ Understand your clinical limitations and how to adapt this technique both culturally and with the type of clients you work with?

FST Core Techniques #5- Stabilization or Trauma First

A critical tactical decision is made by the FST therapist that directly impacts the goals of trauma treatment. Which path of treatment to take first: (a) stabilize safety issues first prior to direct trauma treatment or (b) move directly to trauma work without the need for stabilization. It is a critical tactical decision that many counselors miss at the onset of treatment and a costly one.

You Will Learn:

- When to stabilize and when to start active trauma treatment
- How are your recommended goals for therapy impacted by your stabilization vs. trauma decision tree
- How to succinctly illustrate the goals for FST treatment

Breakout Practice: You will be given a video case example from a real case. And you will be asked to weigh in on what path you would choose with rationale.

FST Core Techniques #6- Engaging the Extended Family

Also known as “the Village”. People or institutions that surround and impact the immediate family in a supportive, non-supportive way (i.e., grandparents, aunts, uncles, cousins, neighbors, and institutions like school, probation, or child welfare). Counselors are often not taught how to engage the extended family at a high level or what to do with them with clarity their roles once they arrive to the session. The counselor is often lost in the ensuring conflict and drama.

You will learn:

- The timing of how to engage the extended family both during the end of your FST Motivational Phone Call
- And as a segue to after you set the goals of treatment using Technique #5
- And how the extended family, if engaged, is incorporated smoothly into your FST treatment goals

Breakout Practice: You will be given a video case example from a real case. And you will be asked to weigh in on how you can incorporate and replicate these same engagement factors into your practice.

Day #2

(9:00 AM – 4:30 PM)

Lunch from 12:00pm - 1:00pm

Phase III-Implement FST Solutions and Prevent Relapse

#7- FST Safety First Issues

Bonus Technique: FST Nutrition

#8- FST Feedback Loops with Written Plans (aka Playbook)

FST Core Techniques #7- Safety First Issues

The FST therapist uses key safety criteria in order to determine if a Safety First Treatment plan is needed first before moving into direct trauma work. The safety stressors located in the stress chart will serve as a guide to navigate this important decision with your client or family.

You will learn:

- Why checking on what are called Mental Health Vitals are so critical to good treatment.
- How to use the safety stressors in your stress chart as a guide as if a safety plan is needed prior to direct trauma work.
- How to use a simple scale of 1-5 to quickly check if the problem is an immediate safety concern.
- Sample safety plans to jump start your thinking and how to write these plans with excellence.

Breakout Practice: You will be given a video case example from a real case. And you will be asked to weigh in if there was a safety first issue and how to write a safety plan.

Bonus Technique: FST Nutrition

The latest research shows a direct link between nutrition and the healing of trauma. Yet, surprisingly, nutrition is often never incorporated into traditional mental health treatment. A medicated brain with psychotropics is often prescribed before addressing the nutritional brain or in conjunction with. The FST therapist uses a nutrition guide and nutritional contracts in partnership with a nutritionist to jump start this nutritional process.

You will learn:

- Why Nutrition and Trauma?
- Illustrate key process steps in both the assessment of nutritional deficits
- How to address common curveballs or objections that the family will raise when nutrition is brought to the forefront.

Breakout Practice: You will be given a video case example from a real case. And you will see how to introduce and incorporate nutrition into your practice.

FST Core Technique #8- Feedback Loops with Written Plans (aka Trauma Playbooks)

The FST therapist uses visual feedback loops like movie trailers of upcoming attractions to instantly captivate and draw family members into a new storyline or narrative that includes healthy undercurrents. For example, a “before” feedback loop shows how family members currently interact and dance around an unhealthy undercurrent such as a “lack of nurturance or attachment”. An “after” feedback loop is used to illustrate how the insertion of the healthy undercurrent of “nurturance” using what are called FST Trauma Playbooks can heal the trauma permanently.

You will learn:

- How to use “before” and “after” feedback loops to inspire your toughest families
- How to create a customized FST Written Plan (aka trauma playbook) that:
 - ❖ Activates the family to use an intervention that directly connects to healthy undercurrents
 - ❖ Uses the child’s love language to help customize a best fit intervention

Breakout: Dress Rehearsal Practice- You will use the pre-session preparation feedback loop and sample trauma playbook worksheet to create your own before and after feedback loops with a current case you work with or a hypothetical case.

Day #3

(9:00 AM – 4:30 PM)

Lunch from 12:00pm - 1:00pm

Phase III-Implement FST Solutions and Prevent Relapse

#9- FST Dress Rehearsals and Troubleshooting

#10- FST Relapse Prevention

FST Core Technique #9- FST Dress Rehearsals and Troubleshooting

Used synonymously with “role-plays”. Successful practice in the delivery of trauma playbooks. Good to great role plays and troubleshooting are one of the most underutilized techniques in mental health treatment. Without this our clients are often set up for failure.

You will learn these four mini-steps:

Step 1: How to close loopholes in Trauma Playbooks with the family?

Step 2: Create the Troubleshooting Countermoves Checklist technique

Step 3: How to present the Troubleshooting Countermoves Checklist to the family?

Step 4: How to conduct Role-Plays/Dress Rehearsals and Enactments

Video Case Example: How to execute high level enactments and dress rehearsals that you can replicate in your practice

Breakout: Dress Rehearsal Practice- Dr. Sells will demonstrate each of the four mini steps and then you and a colleague will be asked to create a troubleshooting checklist and then use it to try out your own dress rehearsals

FST Core Technique #10- FST Relapse Prevention

The FST therapist uses a decision tree, a read flags checklist along with callbacks and tune ups to prevent future rates of relapse or recidivism post graduation.

You will learn these five mini-steps:

Step 1: How to use the Scaling Technique to Assess Overall Progress

Step 2: The use of the Mini Scales Technique to Consolidate Healthy Undercurrents

Step 3: Use the Decision Tree Technique to Map Out Next Treatment Steps

Step 4: How to Co-create a Red Flags Checklist to Prevent Future Relapse

Step 5: If Graduation: How to Appropriately Use Callbacks and Tune-Ups

Breakout Practice: You will be given a video case example from a real case. And you will see how to incorporate all five mini steps with your clients.