

Family Trauma Institute

TRAINING PROFESSIONALS TO
BECOME FAMILY TRAUMA EXPERTS

Agenda



Anxious Kids and Anxious Parents: Family Trauma Solutions

3.0 CE Credit Hours - CE credit from ASWB and NBCC included

- (1.0 hr.)**
- In-Depth Overview: Why Does Anxiety Travel in Families?**
- ▶ Overaccommodation: The X Factor that Causes Parents to Fuel Their Child's Anxiety
 - ▶ How and Why Parents Today Are Causing Their Children's Anxiety?
 - ▶ How Social Media Fuels Anxiety Disorders?
 - ▶ Why CBT (Cognitive Behavioral Therapy) [#1 treatment for Anxiety Disorders] Can Fail and Needs a Both/And Family Systems Approach to Create Permanent Change?



Overaccommodation in Your Parents: List Examples You See

- (2.0 hrs.)**
- Tools to Quickly Diagnosis the Root Causes of Your Child's Anxiety Disorder**
- **Step 1:** *FST Seed/Tree Diagram*: Anxiety Symptoms to Toxic Seeds and Undercurrents
 -  **Video Demonstration:** "How to Locate the Key Toxic Seed and Undercurrent"
 - **Step 2:** *FST Stronghold Technique*: Locate Your Child's Stronghold
 - **Step 3:** *FST Playbook Technique*: Your Families Missing Healthy Undercurrent(s)
 - **Step 4:** *FST Feedback Loops*: Showing the Accommodation Anxiety Dance
 -  **Video Demonstration:** "Feedback Loops, Strongholds, and Playbooks"

A Time for In-Depth Q & A (Question & Answer) with Dr. Sells

Learning Objectives

You will learn how to:

- ✓ Identify how anxious parents fuel child's anxiety disorder through "overaccommodation"
- ✓ Use step-by-step tools to stop overaccommodation and use with your clients
- ✓ Identify the underlying causes for anxiety through "undercurrents" and "strongholds"
- ✓ Use the FST Feedback Loop to illustrate the anxiety dance between parent and child
- ✓ Create FST Trauma Playbooks to heal anxiety disorders in the "here and now"