

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?

(2.0 hrs.)



Overaccommodation in Your Parents: List Examples You See

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"