



## FST Alumni Retreat Agenda

September 27<sup>th</sup>-30<sup>th</sup>

### Overall Goal or Mission:

FST Alumni who want to learn the FST Model at the highest level possible through face to face consultation with Dr. Sells and other FST Alumni to enhance your ability to become an FST Master Clinician and/or FST Consultant.

### Requirements:

Graduates of FST Advanced Training or FST Certification

Please note: If you have any questions during your stay, please text or call Nancy, our hospitality coordinator: Text or Call: 912-220-0963 or Email: [njsells@me.com](mailto:njsells@me.com)

### **Wednesday, Sept 27<sup>th</sup> - ARRIVE AND MEET AND GREET**

- Fly into Bozeman MT – Stay in Livingston, MT
- Join our team: **Informal Meet and Greet** at the [Fainting Goat Pub](#) in downtown Livingston (if you arrive before 6pm)

Time: **6pm-9pm** – Both outdoor (weather permitting) and Indoor

Location: **Fainting Goat Pub:** 122 N Main St, Livingston. Phone # (406) 222-5277

### **Thursday, Sept 28<sup>th</sup> - FST ALUMNI ONLY MEETING**

- FST Alumni- **9:00am-5:00pm** – 6.0 *CE Units provided* [see agenda on next page]
- Location: [Yellowstone Pioneer Lodge:](#) 1515 W Park St, Livingston- Phone # (406) 222-6110

### **Friday, Sept 29<sup>th</sup> - SELF-CARE AND YELLOWSTONE PARK**

- Breakfast at the [Sage Lodge Fireside Grill](#) at **9am** – MEET AT LOBBY AT 8:15  
**8:15am Pick Up** - We will meet at the Fairfield Inn lobby 1629 W Park St, Livingston, (406) 222 4914 and carpool together to the Sage Lodge for breakfast and then from there on to Pine Creek Falls hike
- After Breakfast: Drive to [Yellowstone National Park](#)
- Rest of the Day: Free on Your Own (spend time in Livingston or Bozeman, or just sit by the Yellowstone River and Read a Good Book)

## Saturday, Sept 30<sup>th</sup> – FST TRAINING, LIVE DEMONSTRATION, AND DINNER

- Masterclass\*- **8:30am-4:30pm** – An additional 6.0 *CE Units provided*  
*You will see a live demonstration using FST with Dr. Sells from 10am-12:00pm*
- Masterclass Location: [Yellowstone Pioneer Lodge](#): 1515 W Park St, Livingston-  
Phone # (406) 222-6110
- AND Dinner (provided) at Sells Cabin or at the Sacajawea Park next to the Yellowstone River (weather permitting): **Leave for cabin or Park at 5:30pm**  
***We will all meet at the Fairfield Inn at 5:30pm and carpool to the Sells Cabin together or Sacajawea Park.***

## FST ALUMNI AGENDA FOR THURSDAY

Overall Goals and Objectives for Saturday Include:

### **#1- Present your most challenging cases and as a group we will help you get unstuck.**

Each BREAKOUT GROUP agrees on a FST Model question or case application challenge for further exploration. Using an inner/outer circle format, groups present their question or challenge in the inner circle. Dr. Sells facilitates potential concrete solutions.

The FST larger group forms the outer circle. They will add to the discussion and suggest additional problem-solving ideas. This activity allows breakout groups to get the benefit of both Dr. Sells and the FST Alumni community in a powerful one-two combination of brain power and group input as we have fun and help one another better master the FST Model with real life challenges.

### **#2- Illustrate How Quarterly Meetings Post FST Alumni Retreat Will Benefit You to Take FST Further**

One of the top reasons for poor outcomes is *model drift*.

You may have initially learned FST really well. But without practice and some consultation, the risk is high that you may drift from following the 5 Treatment Phases of FST with fidelity and with excellence. Or the old saying “*If you don’t use it (FST) you lose it*” comes into play.

In response, the FST Alumni retreat is designed to (1) Jump start and reenergize you by all of us coming together in peer-to-peer support and (2) Set the table for you to carry you forward after the retreat through the quarterly meetings to prevent model drift and take you to the next level.

At Saturday’s meeting, I will illustrate how this is done with a live quarter review demonstration.

### **#3- Niches Equals Riches: Innovative Ideas to Market FST as a Unique Treatment Model**

Niches are not always financial but can also be life-giving and life changing. Communities and agencies all over our world are looking for innovative ways to restore the traumatized family and not just the individual. But the barrier is that not everyone speaks the same language or even knows how to treat trauma from a systems lens.

I will share with you all my innovative marketing and implementation strategies to help you individually through private practice or your agency market yourself as a Family Trauma Center of Excellence and the benefits to you personally or your agency.

#### #4- Diagraming a Session in Detail: FST Trauma-Informed Theory and Trauma Responsive Practice

In mental health it is extremely rare to diagram out an entire session and pause at key moments of change. As a result, we cannot see the key transition points or the process pieces or dance between therapist and client that result in either choppy waters or a beautiful symphony.

And the touchpoints of when you go from trauma-informed (psychoeducation) to trauma-responsive (application) practice and back again are often very unclear and confusing.

I will show you one of my toughest complex trauma cases from start to finish. A 16-year-old adolescent who has self-harm, sexual abuse, social phobia, and suicidal ideation. And a mom who has a medical condition, Lupus which only complicates matters further. You will leave this intensive analysis with a plethora of new ideas and innovations that you can put into your FST practice or any other theory of change that you use.

We will also learn from one another as I challenge you and the group to help one another in peer-to-peer support network. You are not alone!

#### SCHEDULE FOR THURSDAY, SEPTEMBER 28, 2023- 6.0 CE UNITS PROVIDED

8:30am - 9:00am	Check In and Registration
9:00am - 9:30am	<b>Introductions: What are the Goals and Objectives of Our FST Alumni Training</b>
9:30am – 10:00am	<b>Breakout into small groups</b> Come up with single question or “what will you do if? Special treatment curveball you want answered regarding the application or the FST Model?
10:00am-12:00pm	<b>Present your most challenging cases and as a group we will help you get unstuck + How Quarterly Meeting Will Work Post FST Alumni Retreat</b>
12:00pm - 1:00pm	Lunch on Own
1:00pm - 2:00pm	<b>Niches Equals Riches: Innovative Ideas to Market FST as a Unique Treatment Model</b>
2:00pm - 5:00pm	<b>Diagraming a Session in Detail: FST Trauma-Informed Theory and Trauma Responsive Practice</b>

#### FST ALUMNI AGENDA FOR SATURDAY

#### SCHEDULE FOR SATURDAY, SEPTEMBER 30, 2023- An Additional 6.0 CE Units Provided

8:30am - 9:00am	Check In and Registration
9:00am - 9:30am	Introductions: What are the Goals and Objectives of Advanced Q & A of FST
9:30am – 10:00am	Diagraming out the Live Session Before it Starts: What to Look for and See?
10:00am-12:00pm	<b>Live Demonstration with an FST Family</b>
12:00pm - 1:00pm	Lunch on Own
1:00pm - 4:30pm	Debrief Live Session and Q & A