



## FST Masterclass Retreat Agenda

September 28<sup>th</sup>-30<sup>th</sup>

### Overall Goal or Mission:

Anyone interested in learning about the FST Model at a higher level through a FST Masterclass retreat with Dr. Sells that could also be an on ramp to FST Advanced training or FST Certification.

### Requirements:

Any mental health professional who wants to learn more about FST (Family systems trauma)

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)

### Thursday, Sept 28<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

### 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** – 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 MASTERCLASS AGENDA FOR SATURDAY

Even after see a FST Webinar or reading the *Treating the Traumatized Child* book, you will still have questions on the timing and application of the FST Model.

Or “what will I do if?” case scenarios when your child or family throws you unexpected curveballs with special treatment challenges (i.e., difficult divorces, anxiety disorders, self-harm, aggression).

***When these FST application questions go unanswered, you can become hopelessly stuck with your trauma cases.***

When you attend this masterclass, Dr. Sells will personally answer these types of questions through a live demonstration, discussion, and small breakout activities.

## SCHEDULE FOR SATURDAY, SEPTEMBER 30, 2023- 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	Live Demonstration with an FST Family
12:00pm - 1:00pm	Lunch on Own
1:00pm - 4:30pm	Debrief Live Session and Q & A

## FST MASTERCLASS LEARNING OBJECTIVES

- How to enhance your senses on the key undercurrents that keep a traumatized child, couple, or family stuck through using the FST model.
- Master enhanced application of the FST Model through a live demonstration and role plays that illustrate the application of key techniques including delivery timing and sequencing.
- Develop clarity on timing and delivery 12 core FST techniques thus eliminating or reducing problems self-harm, anxiety, depression, violence, suicidal ideation, substance abuse, and extreme disrespect.