



FST MASTERCLASS: SCHEDULE AND AGENDA

SCHEDULE FOR SATURDAY, SEPTEMBER 24, 2022

8:00 am - 8:30 am	Check In and Registration
8:30 am - 9:00am	Introductions: What are the Goals and Objectives of Advanced Q & A of FST
9:00 am – 9:30 am	Breakout into small groups (3 group- 4 people each group) – Come up with single question or “what will you do if? Special treatment curveball you want answered regarding the application or the FST Model?
9:30 am - 11:30am	Live Demonstration with an FST Family
11:30am - 12:30 pm	Debrief the Live Demonstration Case
12:30 pm - 1:30 pm	Lunch on Own
1:30 pm - 4:30 pm	Breakout Groups

WELCOME AND INTRODUCTIONS

Overall Takeaway Goals for You Today

1. **Enhance FST Senses** on key undercurrents that keep a traumatized child, couple, or family stuck using the FST model.
2. **Enhanced FST Application- Go beyond eclectic to FST theory + technique integration** (of the FST Model through a live family demonstration and/or role plays to illustrate the application of key FST techniques in: (1) delivery, (2) timing, and (3) sequencing.

Rate yourself to improve your application of FST after the Masterclass (through observation)

1-5—Delivery (voice tone, drama, energy, reframing, metaphors, passion, use of self) _____
(1=needs improvement; 5= high level)

1-5—Timing (flexible, nimble, but also systematic and orderly, not robotic or rigid) _____
(1=needs improvement; 5= high level)

1-5—Sequencing (order and the flow of micro-steps in each of 5 FST treatment phases and if it is out of order (1) was that appropriate for this client and (2) did I get back on track and not get lost in bunny trails: *theory as my guide*) _____ (1=needs improvement; 5= high level)

3. **FST Special Population Applications** – Suicide, grief, anxiety, depression, or substance abuse.
4. **FST Tough Application Pieces** – (1) Convert complaints into concrete categories in stress chart; (2) Treatment Goals to Feedback Loops to Playbooks, to Troubleshooting, to Dress Rehearsals

FIRST QUESTION: What is your #1 desired takeaway from today's Masterclass?

BREAKOUT INTO SMALL GROUPS

Breakout into small groups (3-4 people each group) –

Come up with ONE single question for your group

What is one question you want answered regarding the application of the FST Model?

LIVE DEMONSTRATION WITH FAMILY – Pre-Prep and Your Role

Live Session

Debrief

- Who is Coming to the Session? And Who is the IP (Identified Patient)
- Key Problems Want Solved and Keeping Them Stuck?
- What Parts of the FST Model Are You Going to See Demonstrated and How It Will Help Your Practice

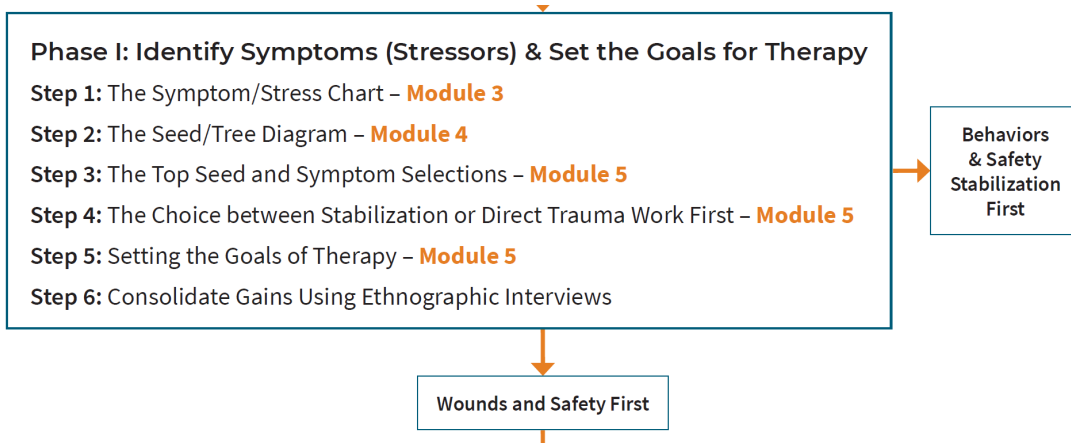
#1- Structural-Strategic Theory in Action (see Handout #1)

#2-FST Motivational Interview Question (see Handout #2)

#3-Phase I of FST Treatment (see Handout #2)

Assessment and Set the Goals for Therapy

AND Decision: Stabilize or Active Trauma Work First or a Combination of Both



#4-Pre-preparation for Phase II of FST Treatment (see Handout #2)

MODULE FLOWCHART

Pre-Session Preparation for Phase II

Select the Top 2 or 3 Undercurrents Causing Toxic Seeds and Problem Symptoms; Select Sample Strategic Directives and Playbooks; Draw “Before” and “After” Feedback Loops; Create a Customized Homework Lead Sheet; Ensure Key Villagers Will Be Present – **Modules 6 & 9**

#5-Phase II of FST Treatment (see Handout #2)

Phase II: Wound Work Introduction

Step 1: Safety Planning – **Module 7**

Step 2: Window of Tolerance and Self-Regulation Tools

Step 3: Neuroplasticity and Proper Nutrition – **Module 8**

Step 4: Informed Consent

Step 5: Review Highlights from Phase I – **Module 9**

Step 6: Reveal Wound Undercurrents – **Module 9**

Step 7: Show Feedback Loops with Sample Playbook – **Module 9**

Step 8: The Wound Story with Titration Control if Needed

Step 9: Homework Assignments