

# Family Trauma Institute

TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS

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September 17, 2018  
<https://familytrauma.com>  
For Immediate Release

## **Advanced Training in Family Systems Trauma Available for Mental Health Professionals and Trauma Practitioners**

*Kansas City, Missouri* – The Family Trauma Institute, founded in 2018, now offers FST | Family Systems Trauma Advanced Training for individual mental health practitioners. “This evidenced-informed approach to family systems trauma treatment, based upon the PLL systems of care model, provides proven techniques for individual mental health practitioners,” says founder and FST Model developer Scott P. Sells, Ph.D.

Earlier this month, 11 practitioners attended the inaugural Advanced Training workshop. The three-day intensive training combined instructional and experiential learning. The training outlined the 18 core FST techniques, included a live family session and provided attendees with case studies demonstrating how and when to use the techniques.

Designed to train mental health professionals become family trauma experts, The Family Trauma Institute offers free monthly webinars, website resources such as technique articles and sample technique guides called playbooks, as well as case consultation by Dr. Sells.

“Many therapists experience stuck cases and are searching for tools they can use to move their families from stabilization toward healing,” explained Dr. Sells. “The FST Techniques give practitioners a way to involve family systems in their cases.”

Based upon the book “Treating the Traumatized Child: A Step-by-Step Family Systems Approach,” FST gives families co-ownership of the therapists’ skills and knowledge. It helps professionals empower their clients to take action and problem-solve.

For more information on The Family Trauma Institute or to inquire about Advanced Training, visit the website at <https://familytrauma.com>.

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