



**FST Digital Advanced Training Course**

**12 FST Techniques to Become a Family Trauma Expert**

**COURSE CALENDAR**

**12 FST ADVANCED TRAINING TECHNIQUE MODULES**

- |                                |                                    |                                       |
|--------------------------------|------------------------------------|---------------------------------------|
| 1. Structural-Strategic Theory | 5. Stabilization vs. Active Trauma | 9. Feedback Loops and Undercurrents   |
| 2. Motivational Phone Call     | 6. Engaging the Extended Family    | 10. Trauma Playbooks                  |
| 3. Stress Chart                | 7. Safety First Contracts          | 11. Troubleshoot and Dress Rehearsals |
| 4. Seed/Tree Diagram           | 8. Nutrition and Trauma            | 12. Relapse Prevention                |

	MON - 3/15	TUE - 3/16	WED - 3/17	THU - 3/18	FRI - 3/19
<b>Week 1</b>	<b>MODULE 1: STRUCTURAL- STRATEGIC THEORY</b>	<b>ORIENTATION</b> 7pm EDT			<b>MODULE 1 OFFICE HOURS</b> 12pm EDT
<b>Week 2</b>	<b>MON - 3/22</b>	<b>TUE - 3/23</b>	<b>WED - 3/24</b>	<b>THU - 3/25</b>	<b>FRI - 3/26</b>
	<b>MODULE 2: MOTIVATIONAL INTERVIEW</b>				<b>MODULE 2 OFFICE HOURS</b> 12pm EDT
<b>Week 3</b>	<b>MON - 3/29</b>	<b>TUE - 3/30</b>	<b>WED - 3/31</b>	<b>THU - 4/1</b>	<b>FRI - 4/2</b>
	<b>MODULE 3: STRESS CHART</b>				<b>MODULE 3 OFFICE HOURS</b> 12pm EDT
<b>Week 4</b>	<b>MON - 4/5</b>	<b>TUE - 4/6</b>	<b>WED - 4/7</b>	<b>THU - 4/8</b>	<b>FRI - 4/9</b>
	<b>MODULE 4: SEED/TREE DIAGRAM</b>				<b>MODULE 4 OFFICE HOURS</b> 12pm EDT
<b>Break Week</b>	<b>MON - 4/12</b>	<b>TUE - 4/13</b>	<b>WED - 4/14</b>	<b>THU - 4/15</b>	<b>FRI - 4/16</b>
<b>Week 6</b>	<b>MON - 4/19</b>	<b>TUE - 4/20</b>	<b>WED - 4/21</b>	<b>THU - 4/22</b>	<b>FRI - 4/23</b>
	<b>MODULE 5: STABILIZATION VS. ACTIVE TRAUMA</b>				<b>MODULE 5 OFFICE HOURS</b> 12pm EDT



Week  
**7**

MON - 4/26	TUE - 4/27	WED - 4/28	THU - 4/29	FRI - 4/30
<i>MODULE 6: ENGAGING THE EXTENDED FAMILY</i>				<i>MODULE 6 OFFICE HOURS</i> 12pm EDT

Week  
**8**

MON - 5/3	TUE - 5/4	WED - 5/5	THU - 5/6	FRI - 5/7
<i>MODULE 7: SAFETY FIRST CONTRACTS</i>				<i>MODULE 7 OFFICE HOURS</i> 12pm EDT

Week  
**9**

MON - 5/10	TUE - 5/11	WED - 5/12	THU - 5/13	FRI - 5/14
<i>MODULE 8: NUTRITION AND TRAUMA</i>				<i>MODULE 8 OFFICE HOURS</i> 12pm EDT

**Break  
Week**

MON - 5/17	TUE - 5/18	WED - 5/19	THU - 5/20	FRI - 5/21

Week  
**11**

MON - 5/24	TUE - 5/25	WED - 5/26	THU - 5/27	FRI - 5/28
<i>MODULE 9: FEEDBACK LOOPS AND UNDERCURRENTS</i>				<i>MODULE 9 OFFICE HOURS</i> 12pm EDT

Week  
**12**

MON - 5/31	TUE - 6/1	WED - 6/2	THU - 6/3	FRI - 6/4
<i>MODULE 10: TRAUMA PLAYBOOKS</i>				<i>MODULE 10 OFFICE HOURS</i> 12pm EDT

Week  
**13**

MON - 6/7	TUE - 6/8	WED - 6/9	THU - 6/10	FRI - 6/11
<i>MODULE 11: TROUBLESHOOTING AND DRESS REHEARSALS</i>				<i>MODULE 11 OFFICE HOURS</i> 12pm EDT

Week  
**14**

MON - 6/14	TUE - 6/15	WED - 6/16	THU - 6/17	FRI - 6/18
<i>MODULE 12: RELAPSE PREVENTION</i>				<i>MODULE 12 OFFICE HOURS</i> 12pm EDT