



FST Digital Advanced Training Course

12 FST Techniques to Become a Family Trauma Expert

COURSE CALENDAR

12 FST ADVANCED TRAINING TECHNIQUE MODULES

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|--------------------------------|------------------------------------|---------------------------------------|
| 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 |

ORIENTATION Wednesday, March 30, 2022 from 12 pm to 1 pm EDT

Catch-Up Week

		WED 4/13		
	MODULE 1: STRUCTURAL- STRATEGIC THEORY	MODULE 1 OFFICE HOURS 12pm EDT		
		WED 4/20		
	MODULE 2: MOTIVATIONAL INTERVIEW	MODULE 2 OFFICE HOURS 12pm EDT		
		WED 4/27		
	MODULE 3: STRESS CHART	MODULE 3 OFFICE HOURS 12pm EDT		
		WED 5/4		
	MODULE 4: SEED/TREE DIAGRAM	MODULE 4 OFFICE HOURS 12pm EDT		
				FRI 5/13
				Q & A with Dr. Sells 12pm EDT
		WED 5/18		
	MODULE 5: STABILIZATION VS. ACTIVE TRAUMA	MODULE 5 OFFICE HOURS 12pm EDT		



**Catch-
Up
Week**

		WED 5/25		
	MODULE 6: ENGAGING THE EXTENDED FAMILY		MODULE 6 OFFICE HOURS 12pm EDT	
		WED 6/1		
	MODULE 7: SAFETY FIRST CONTRACTS		MODULE 7 OFFICE HOURS 12pm EDT	
		WED 6/8		
	MODULE 8: NUTRITION AND TRAUMA		MODULE 8 OFFICE HOURS 12pm EDT	
				FRI 6/17
				Q & A with Dr. Sells 12pm EDT
		WED 6/22		
	MODULE 9: FEEDBACK LOOPS AND UNDERCURRENTS		MODULE 9 OFFICE HOURS 12pm EDT	
		WED 6/29		
	MODULE 10: TRAUMA PLAYBOOKS		MODULE 10 OFFICE HOURS 12pm EDT	
		WED 7/6		
	MODULE 11: TROUBLESHOOTING AND DRESS REHEARSALS		MODULE 11 OFFICE HOURS 12pm EDT	
		WED 7/13		
	MODULE 12: RELAPSE PREVENTION		MODULE 12 OFFICE HOURS 12pm EDT	