



HANDOUT: THE FST MOTIVATIONAL CALL SCRIPT

TABLE 1: THE FST MOTIVATIONAL SCRIPT

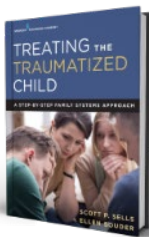
Question #1	What are some of the difficult experiences that you have had to suffer in the last year because of the problems you have been having with your child or teenager? <i>[Estimated time of completion = 5 minutes]</i>
Question #2	When I get to know you better, what qualities and strengths will I come to admire about you as a [person, parent, spouse, etc.]? <i>[Estimated time of completion = 3-5 minutes]</i>
Question #3	What do you think will happen to [your teen, child, marriage, or you personally] if the problems you described earlier remain unfixed in the next three months, six months, or even a year from now? <i>[Estimated time of completion = 3-5 minutes]</i>
Question #4	Have you seen a counselor for any of these problems before? [If yes] What have other counselors missed with you? The reason I ask is that I do not want to make the same mistakes twice. <i>[Estimated time of completion = 2-3 minutes]</i>
Question #5	Do you want to fix the problem or problems you listed [list them] fast, medium, or slow speed? <i>[Estimated time of completion = 1 minute]</i>

WHEN YOU WANT TO LEARN ALL 12 FST CORE TECHNIQUES

Core Techniques: FST | Family Systems Trauma Model

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

FST Advanced Training Course



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