



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: FRIDAY, 10/13, 12 pm-1 pm ET

	DATE	MODULE	OFFICE HOURS
Week 1	10/16-10/20	MODULE 1: STRUCTURAL-STRATEGIC THEORY	MODULE 1 OFFICE HOURS 10/20, 12pm EDT
Week 2	10/23-10/27	MODULE 2: MOTIVATIONAL INTERVIEW	MODULE 2 OFFICE HOURS 10/27, 12pm EDT
Week 3	10/30-11/3	MODULE 3: STRESS CHART	MODULE 3 OFFICE HOURS 11/3, 12pm EDT
Week 4	11/6-11/10	MODULE 4: SEED/TREE DIAGRAM	MODULE 4 OFFICE HOURS 11/10, 12pm EDT
Week 5	11/13-11/17	MODULE 5: STABILIZATION VS. ACTIVE TRAUMA	MODULE 5 OFFICE HOURS 11/17, 12pm EDT
Break Week	11/20-11/24		
Week 7	11/27-12/1	MODULE 6: ENGAGING THE EXTENDED FAMILY	MODULE 6 OFFICE HOURS 12/1, 12pm EDT
Week 8	12/4-12/8	MODULE 7: SAFETY FIRST CONTRACTS	MODULE 7 OFFICE HOURS 12/8, 12pm EDT
Week 9	12/11-12/15	MODULE 8: NUTRITION AND TRAUMA	MODULE 8 OFFICE HOURS 12/15, 12pm EDT
Week 10	12/18-12/22	MODULE 9: FEEDBACK LOOPS AND UNDERCURRENTS	MODULE 9 OFFICE HOURS 12/22, 12pm EDT
Break Week	12/25-12/29		
Week 12	1/1-1/5	MODULE 10: TRAUMA PLAYBOOKS	MODULE 10 OFFICE HOURS 1/5, 12pm EDT
Week 13	1/8-1/12	MODULE 11: TROUBLESHOOTING AND DRESS REHEARSALS	MODULE 11 OFFICE HOURS 1/12, 12pm EDT
Week 14	1/15-1/19	MODULE 12: RELAPSE PREVENTION	MODULE 12 OFFICE HOURS 1/19, 12pm EDT