



# FST TRAINING COURSE CALENDAR

## 10 Core Family Systems Trauma Techniques + 2 Bonus

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| <ol style="list-style-type: none"> <li>1. FST Motivational Technique</li> <li>2. FST Stress Chart</li> <li>3. FST Seed/Tree Diagram and Undercurrents (Root Causes)</li> <li>4. FST Stabilization vs. Active Trauma First</li> <li>5. FST Extended Family</li> </ol> | <ol style="list-style-type: none"> <li>6. FST Safety First</li> <li>7. FST Feedback Loops and Undercurrents</li> <li>8. FST Trauma Playbooks</li> <li>9. FST Dress Rehearsals and Troubleshooting</li> <li>10. FST Relapse Prevention</li> </ol> | <p><b>Plus 2 Bonus Techniques</b></p> <ul style="list-style-type: none"> <li>• FST Structural-Strategic Theory</li> <li>• FST Nutrition and Trauma</li> </ul> |
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MODULE	COACHING
<b>Orientation: April 12, 12-1pm EDT  </b>	
<b>Phase I- FST Engagement, Assessment, and Root Causes</b>	
<b>#1: FST Motivational Technique</b>	
<b>#2: FST Stress Chart</b>	
<b>#3: FST Seed/Tree Diagram and Undercurrents (Root Causes)</b>	<b>May 3, 12-1pm EDT</b>
<b>Phase II- FST Treatment Goals, Extended Family, and Safety First</b>	
<b>#4: FST Stabilization vs. Active Trauma First</b>	
<b>#5: FST Extended Family</b>	<b>May 17, 12-1pm EDT</b>
<b>Phase III- FST Solutions and Prevent Relapse</b>	
<b>#6: FST Safety First</b>	
<b>#7: FST Feedback Loops and Undercurrents</b>	<b>May 31, 12-1pm EDT</b>
<b>#8: FST Trauma Playbooks</b>	
<b>#9: FST Dress Rehearsals and Troubleshooting</b>	<b>June 21, 12-1pm EDT</b>
<b>#10: FST Relapse Prevention</b>	<b>June 28, 12-1pm EDT</b>
<b>2 Bonus Techniques: FST Structural-Strategic Theory and FST Nutrition</b>	