


A man with short brown hair, wearing a red and white plaid shirt, stands in a lush green field with yellow wildflowers. In the background, there are rolling hills and mountains covered in green grass and evergreen trees under a clear sky.

# Family Trauma Techniques We Learn Too Late

**Family Trauma Institute**

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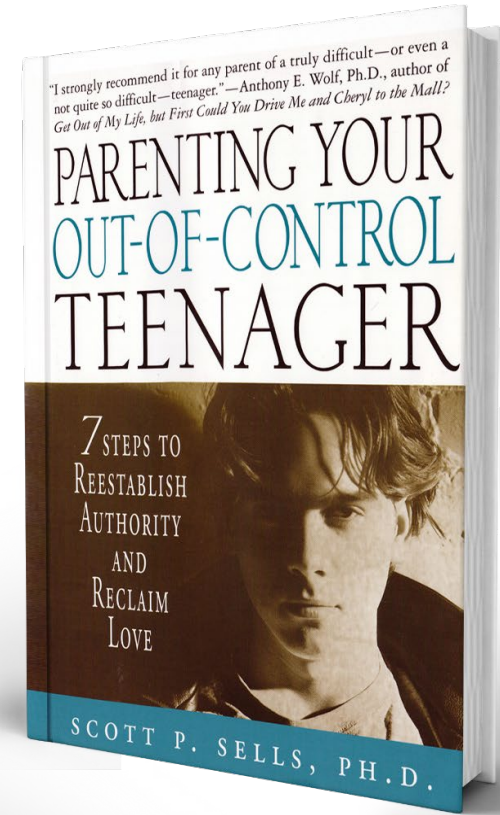
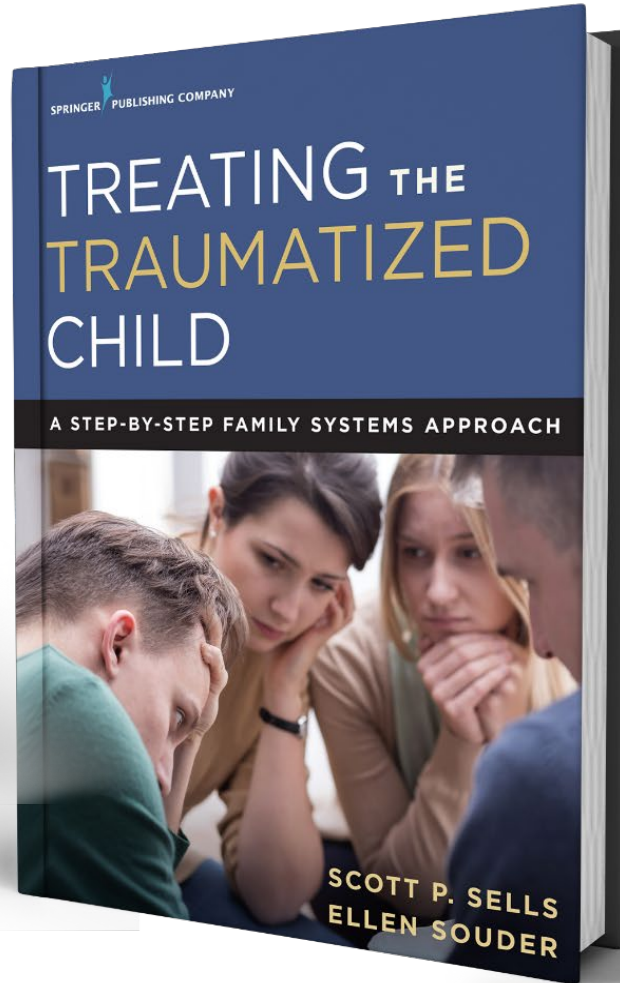
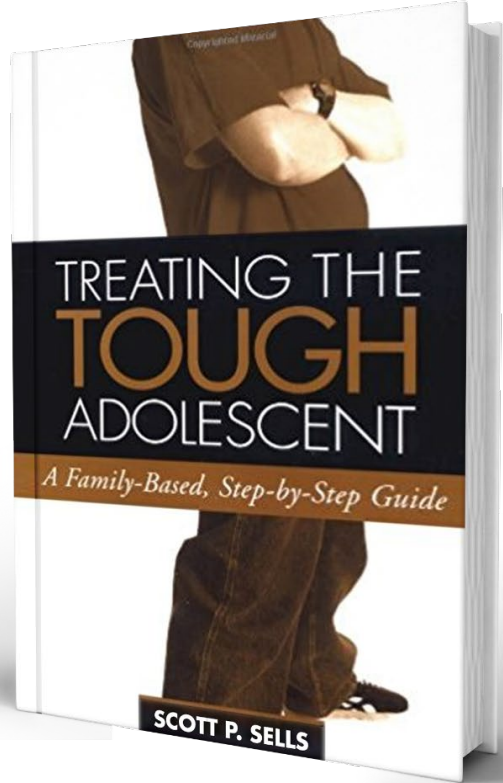
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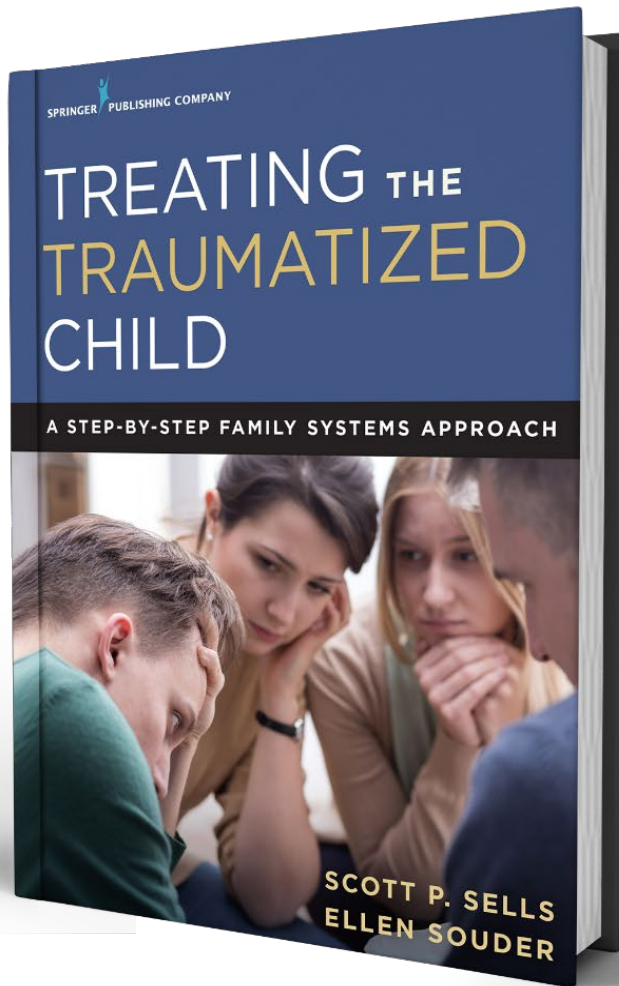
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# **It's Never Too Late: Two Family Trauma Techniques You Need To Know**

**#1 – The FST Stress Chart**

**#2 – The FST Seed Tree Diagram**





# **Family Systems Trauma Model**

*A Step-by-Step Family Systems Approach*

## **The Family Trauma Institute**

**We Train the Mental Health Community**

**to Master**

**Family Systems Trauma (FST)**

**Techniques**



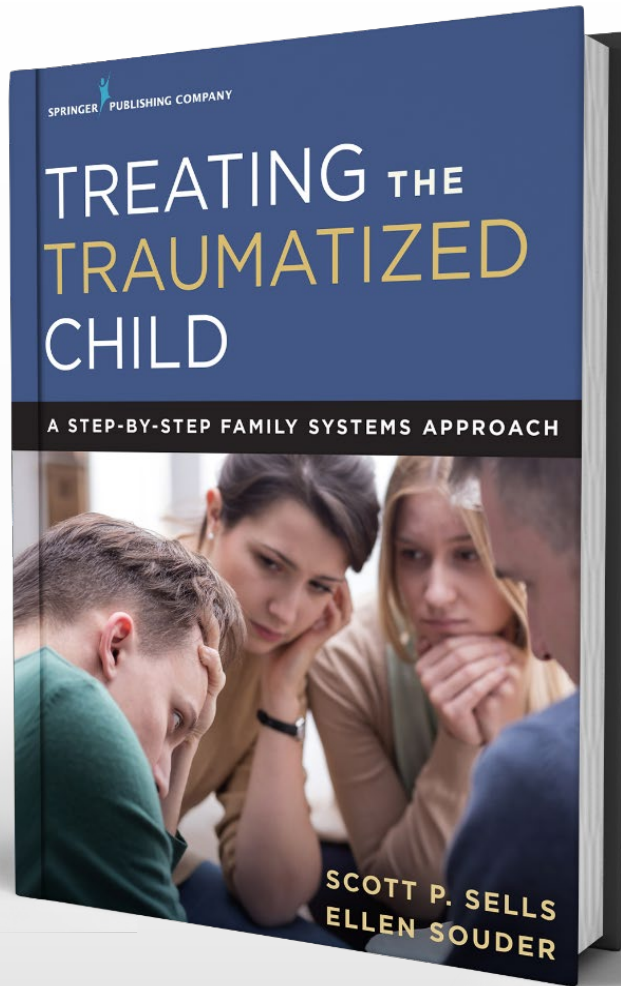
# The Family Trauma Institute

## Based on the FST Model – 10 Techniques and 2 Bonus Techniques

- #1- FST Motivational Technique
- #2- FST Stress Chart
- #3- FST Seed/Tree Diagram and Undercurrents (Root Causes)
- #4- FST Stabilization vs. Active Trauma First
- #5- FST Extended Family
- #6- FST Safety First
- #7- FST Feedback Loops and Undercurrents
- #8- FST Trauma Playbooks
- #9- FST Dress Rehearsals and Troubleshooting
- #10- FST Relapse Prevention

### Plus 2 Bonus Techniques

- #11- FST Structural-Strategic Theory
- #12- FST Nutrition



# The Family Trauma Institute

How to Learn all **12 Techniques with Excellence**

- **Self-Directed 12-week Online Course**
- **3-day Live Masterclasses**
- **CE Webinars**

**Family Trauma Institute**

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# Today

**#1 – The FST Stress Chart**

**#2 – The FST Seed Tree Diagram**

**Longer Wait Lists**

**More Stressed Out Families and Parents**

**“Just Fix My Kid”**

**Fewer Resources**

**More Burnt our staff**







Story of Kaylee, Joshua  
and their Family

A man with short brown hair, wearing a red and white plaid shirt, stands in a lush green field of tall grass and wildflowers. He is smiling and looking towards the camera. The background features rolling hills and mountains covered in dense evergreen forests under a clear sky.

**MUST HAVE  
FAMILY TRAUMA  
TOOL #1  
WE LEARN TOO LATE**

**FST Stress Chart**

# Stress Chart

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

\_\_\_\_\_ Top Three Stressors

1...

2..

3...

\_\_\_\_\_ Top Three Stressors

1...

2...

3...

\_\_\_\_\_ Top Three Stressors

1...

2..

3...

Safety Stressors:

# FST Stress Chart Technique

A solution-focused scaling technique of 0% to 100% (0% = no stress and 100%=high stress).

- Use the Stress Chart, clinicians and non clinicians quickly disarm interpersonal conflict among clients
- To QUICKLY locate the top three problem symptoms of the child or adolescent
- To start to heal the traumatic symptoms.

# FST Stress Chart Technique: 2 Mini Steps

Step 1: Obtain the Overall Stress Rating from Each Participant

Step 2: Convert Overall Stress into Top Three Problems

# FST Stress Chart: Step-by-Step Script

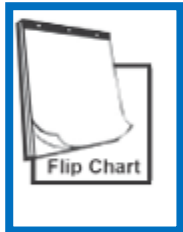
## START THE SESSION HERE Step 1a: Ask for Overall Stress

### TRANSITION STATEMENT:

Coach: **Would you agree that everybody has stress?**

Coach:

[Turn to child first and point to scale on flip chart] – **On a bad week, how much overall stress do you experience at home (not at school or at work) on a scale of 0 to 100%, with 0% meaning no stress and 100% total stress?**

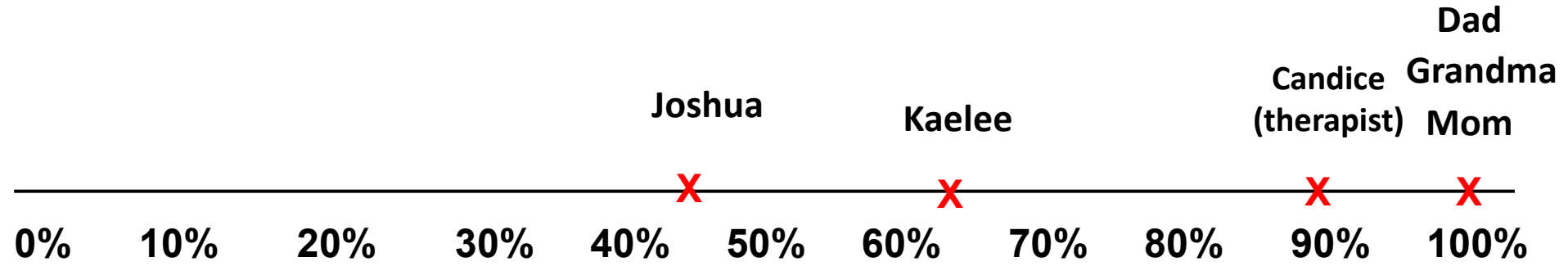


[Turn to parent or extended family member second] – **On a bad week, how much overall stress do you experience at home with your child (not at work) on a scale of 0 to 100%, with 0% meaning no stress and 100% total stress?**

# Obtain Overall Stress OR Concern



# FST Stress Chart Technique





# FST Stress Chart Technique: 2 Mini Steps

~~Step 1: Obtain the Overall Stress Rating from Each Participant~~

**Step 2: Convert Overall Stress into Top Three Problems**

# FST Stress Chart: Step-by-Step Script

## Step 2: Get Top Three Problems and Convert to Concrete Categories

After you are finished asking about Overall Stress, immediately transition to this question...

You- **TRANSITION STATEMENT:**

**Now that I know your overall stress, let's break it down into the top 3 things that make up your overall stress.**

Fill in each person's top three stressors or problems beginning with the kids first.

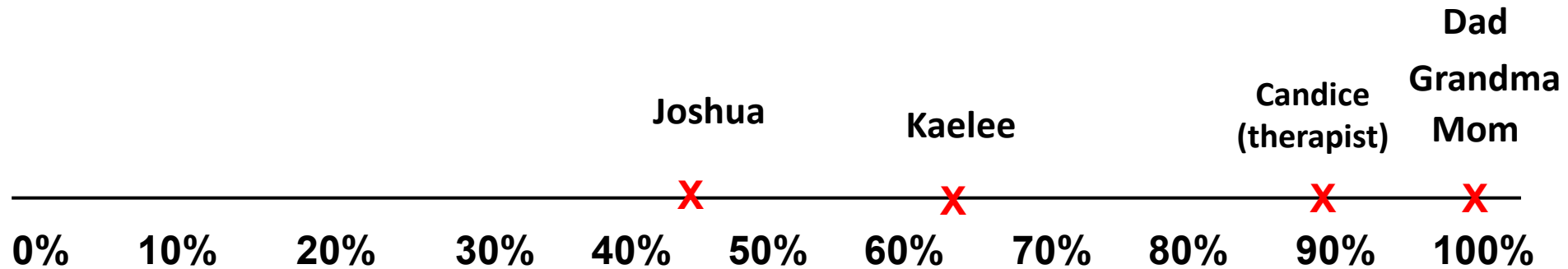
### Two Mini Steps to Convert Complaints Into Concrete Categories

When your child or adult lists a complaint, use these steps:

Step 1- Write their complaint in their own words on the stress chart in "quotes"

Step 2- Then choose from one of the options (Option 1 or Option 2) below to convert to a category.

# FST Stress Chart Technique



## Kaelee's Top Three Stressors

1. "Chores" (Chores)
2. "Stress" (Disrespect)

## Mom's Top Three Stressors

1. "Skyler" (Unresolved Grief)
2. "Not Heard or Seen" (Anxiety)
3. "Righteous Anger" (Soft or Nurturing)

## Grandma's Top Three Stressors

1. "Her Daughter" (Anxiety)
2. "Kids" (Nurturance)

**Peel back the onion layers of stress:**

**Move from Complaints to...**

**A Concrete Behavior Category**

**Or**

**A Concrete Emotional Category**

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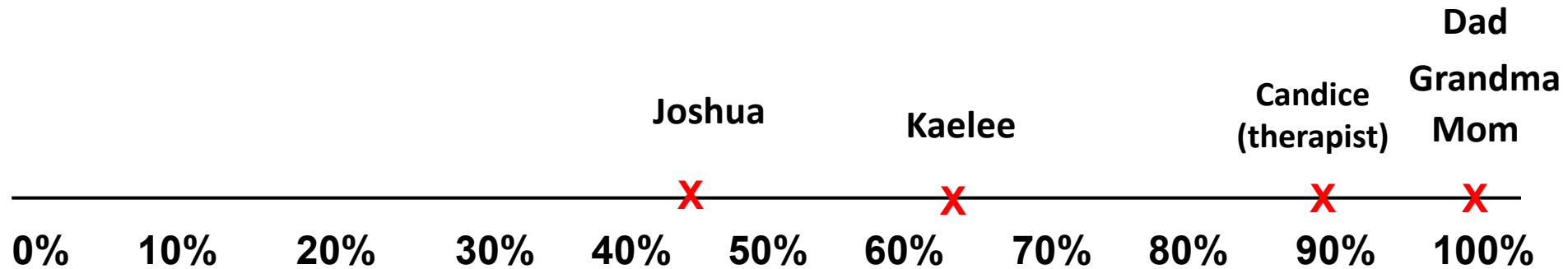
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## CONVERTING COMPLAINTS INTO CONCRETE CATEGORIES

**BEHAVIORAL PROBLEM CATEGORIES** – With trauma, the surface symptoms are often in the form of extreme or out-of-control behaviors, especially with older children. And they are often more behavioral than emotional. Hence, the conversion of these types of common complaints into a “behavioral category”

Common Complaints	Behavioral Category
“doesn’t listen”; “won’t mind”; “lies all the time; “won’t do as he/she is told”; “swears”; “defiant”; “angry; “picks on his brother or sister”; “temper tantrums”	Disrespect
“won’t pick up his/her stuff or room;,” “won’t listen when I ask to help out;,” “won’t help me around the house;,” “he or she is lazy”	Chores
“gets in my face”; “throws things”; “won’t back down”; “hurts me or others”; “he/she explosive or angry”	Aggression
“failing grades,” won’t listen to the teachers”; “won’t go to school;,” “won’t do homework”	School Performance or Truancy
“won’t come home”; “stays out all night”; “don’t know where he/she is”; “leaves home”	Curfew or Leave Home Without Permission
“gets high”; “parties”; “drinks too much”; “out with friend all night”; “in-room doing stuff”; doing things in secret”	Drugs or Alcohol
“on a cellphone, all the time,” “won’t get off computer or gaming;,” “always-on video games”; “nonstop texting”	Technology Problems or Addiction
“looking at stuff shouldn’t be;,” “sending messages and pictures to people that he/she shouldn’t be”	Sexting, Pornography
“getting threatening messages on social media”; “not liked at school”; “don’t feel safe there”; “no one understands me”; “scared to go;,” “I hate it there”	Bullying

# FST Stress Chart Technique



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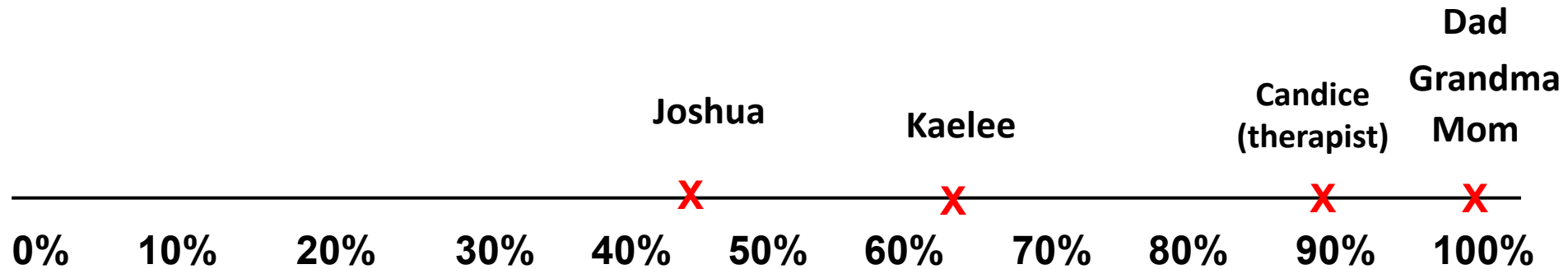
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**EMOTIONAL PROBLEM CATEGORIES** – These concrete categories are more “emotional or mental health-related”. Often, at the onset of treatment, the parent and/or child may be more reluctant to openly discuss these emotional categories within their stress chart. However, the safety stressor questionnaire handout will help you bring these out.

Common Complaints	Emotional Category
“Hurts self”; “just want to find a release”; “it’s like having a good cry”; “I cut or scratch myself”	Self-Harm
“my parent never around”; “mom left us in foster care”; “he or she just checked out”; “Just not there”	Abandonment (Emotional or physical)
“I just want to end it”; “No one cares if I’m here.”; “You’ll be better off when I’m gone,”; “I am so mad, I want to hurt myself,”; “I wish I were dead” or “I wish I hadn’t been born”	Suicidal threats, acts, and/or ideation
“I miss him/her so much”; “the pain is too great”; “I feel the loss”; “I miss my grandfather or other family member”	Grief
“We are not connected”; “had to get close”; “pushes me away”; “I do not like him/her, or hate them”	Attachment or Lack of Nurturance
“he/she so anxious”; I can’t bear it”; “I can’t rest or feel comfortable”; “I feel nervous or jumpy”	Anxiety
“I’m exhausted”; “Other people don’t care about me”; “I don’t have the energy to do anything”; ‘I just don’t care anymore”	Depression

# FST Stress Chart Technique



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# Convert Stress Into Top 3 Problems



# **FST | Family Systems Trauma Model**

**The Stress Chart and Seed/Tree  
Diagram** work hand in hand to

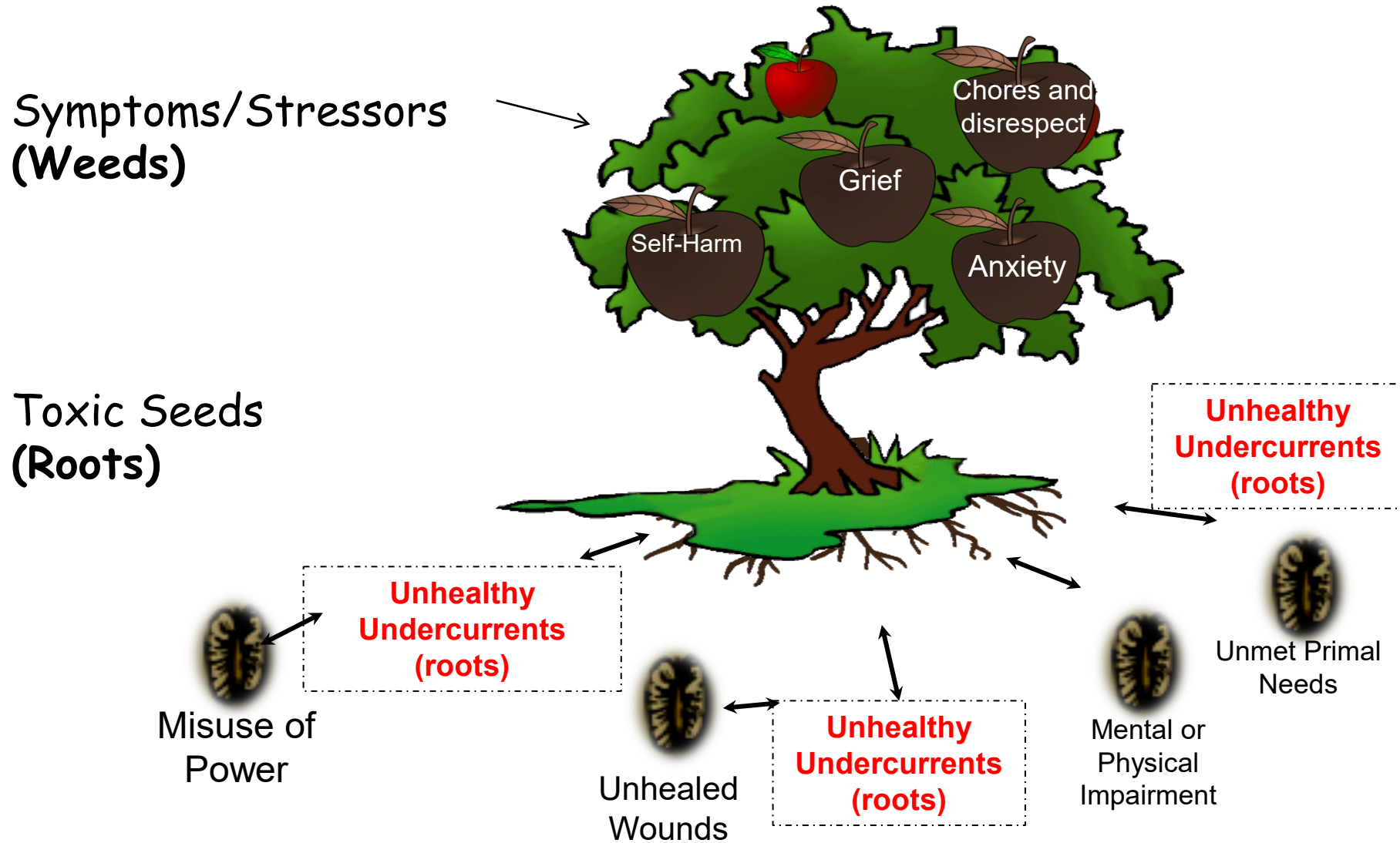
*Assess and Diagnose the root causes  
of the child's (individual, couple)  
symptoms*

A man with short brown hair, wearing a red and white plaid shirt, stands in a lush green field of tall grass and wildflowers. In the background, there are rolling hills and mountains covered in dense evergreen forests under a clear sky. A dark teal rectangular box is overlaid on the right side of the image, containing white text.

**MUST HAVE  
FAMILY TRAUMA  
TOOL #2  
WE LEARN TOO LATE**

**FST Seed Tree Diagram**

# FST Seed/Tree Diagram



# FST Seed Tree Diagram

- A visual drawing used as a road map for both you and your clients to discover the “**root**” causes of the child’s problem symptoms/stressors listed from the stress chart.
- Allows for “**Externalizing the Problem**”
- Parents go from “just fix my kid” to...
- We have to band together to fix these toxic seeds and their unhealthy undercurrents or the root causes of the trauma.

# FST Seed Tree Diagram: 2 Mini Steps

Step 1: Explain the Apple Tree Metaphor

Step 2: Explain Toxic Seed Definitions  
and Undercurrents

# Explain the Apple Tree Metaphor



# FST Seed Tree Diagram: 2 Mini Steps

Step 1: Explain the Apple Tree Metaphor

Step 2: Explain Toxic Seed Definitions  
and Undercurrents

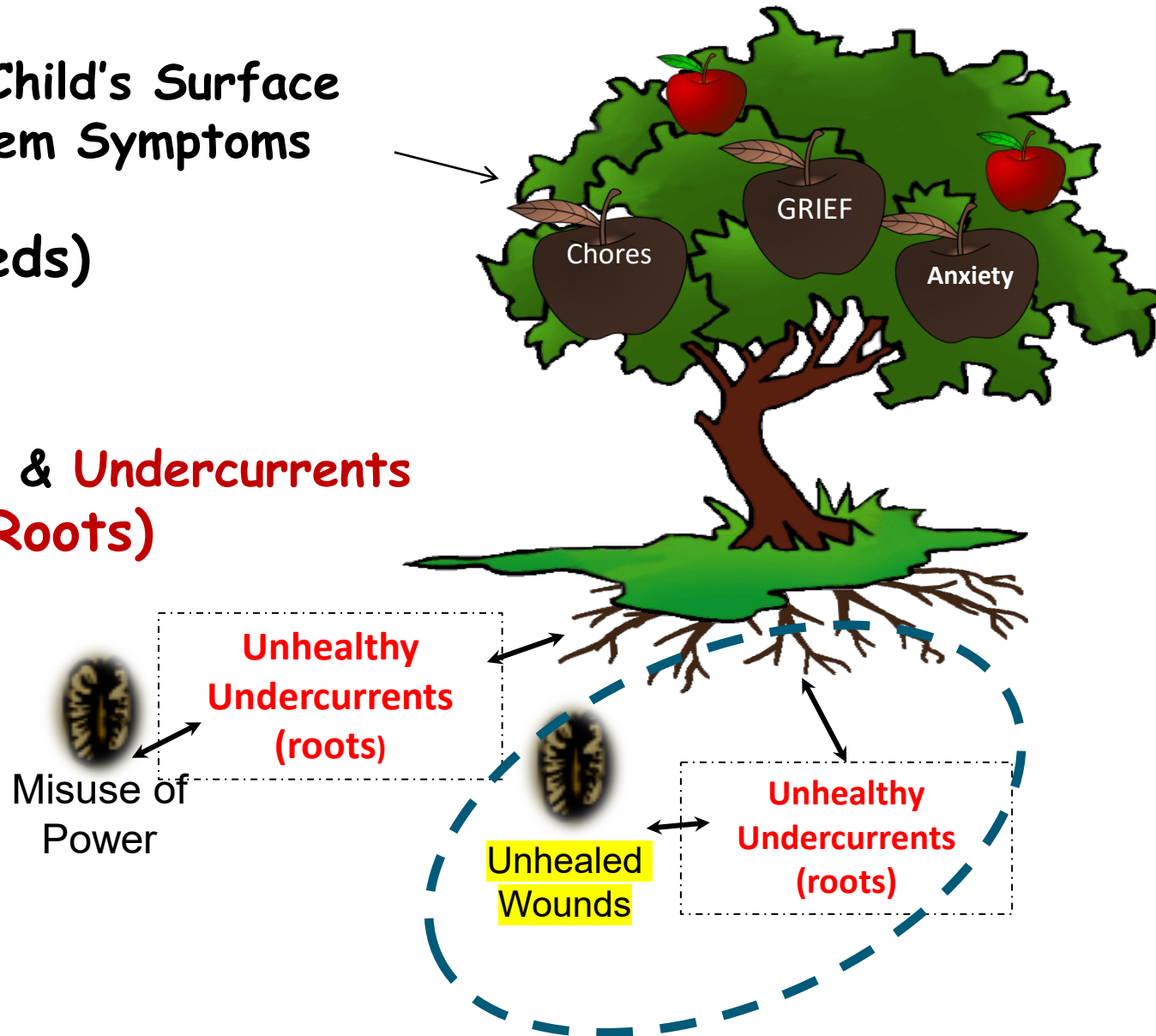


# FST SEED TREE DIAGRAM TECHNIQUE

The Child's Surface  
Problem Symptoms

(Weeds)

Toxic Seeds & Undercurrents  
(Roots)



## Unhealed Wounds

Unhealed Wounds typically happen in one of two ways:

- #1- Event-Based Trauma: Unhealed wounds occur when you or someone else in your family experiences a traumatic or painful life event that simply does not heal over time or on its own. Common examples include a bitter divorce, being emotionally or physically abandoned, etc.

- #2- Interactional Trauma: Unhealed wounds also occur over time when there is a lot of tension, disrespect, or arguing between parents and kids. Over time this sucks out feelings of closeness or nurturance in the home and is replaced by bitterness or unforgiveness.

So, ask yourself this question? Are any of the problems or stressors that you listed on the apples of your tree caused by unhealed wounds? If the answer is “yes,” check the box.

# Unhealed Wounds Undercurrents

## Unhealthy Undercurrents

## Healthy Undercurrents

Unresolved Grief or Loss

→ Grief Education and Resolution

Betrayal or Abandonment

→ Security, Forgiveness, Unconditional Love

Family Secrets

→ Reveal Secrets/Safety

Physical or Mental Abuse

→ Support, Courage to Leave, Forgive

Lack of Forgiveness/Bitterness

→ Forgiveness

Lack of Consistent Nurturance

→ Unconditional Love, Consistent Nurturance

High Anxiety

→ Safety or Security  
Relaxation or Diversionary Tactics

# Fill in the “Missing” Healthy Undercurrents

Unhealed Wound Seed	
Unhealthy Undercurrents	“Missing” Healthy Undercurrents
<input checked="" type="checkbox"/> <b>Unresolved Grief or Loss</b>	<b>Grief Healing and Resolution</b>
<input type="checkbox"/> Betrayal or Abandonment	Forgiveness, Unconditional Love
<input type="checkbox"/> Family Secrets	Reveal Secrets/Safety
<input type="checkbox"/> Physical or Mental Abuse	Support, Courage to Leave, Forgive
<input checked="" type="checkbox"/> <b>Lack of Forgiveness/Bitterness</b>	<b>Forgiveness</b>
<input type="checkbox"/> Lack of Consistent Nurturance	Show Consistent Nurturance

## Your Top Undercurrents that are Causing Your Client's Symptoms

<p>Child's Problem Symptom(s) in Question  (could also be your couple or individual)</p>	<p>Top 2 or 3 Unhealthy Undercurrents Directly Causing These Symptoms  [Before Feedback Loops]</p>	<p>Healthy Undercurrents Counterparts  [After Feedback Loops]</p>
<p>#1- Unresolved Grief</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> UN-Resolved Grief</li> <li><input type="checkbox"/> Mom Can't Forgive Self</li> </ul>	<ul style="list-style-type: none"> <li>✓ Grief Resolution</li> <li>✓ Forgiveness</li> </ul>
<p>#2- Chore Refusal</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Parents Not on Same Page</li> <li><input type="checkbox"/> Inconsistent Discipline</li> </ul>	<ul style="list-style-type: none"> <li>✓ Parents Get on Same Page</li> <li>✓ Consistent Discipline</li> </ul>

**Longer Wait Lists**

**More Stressed Out Families and Parents**

**“Just Fix My Kid”**

**Fewer Resources**

**More Burnt our staff**



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# **It's Never Too Late: Two Family Trauma Techniques You Need To Know**

**#1 – The FST Stress Chart**

**#2 – The FST Seed Tree Diagram**



- Who thinks mastering these two techniques could move your clients forward faster with positive outcomes?
- Let me know by a Yes or No in the chat.





# The Family Trauma Institute

TRAINING THE MENTAL HEALTH COMMUNITY TO  
MASTER FAMILY SYSTEMS TRAUMA TECHNIQUES

## FST Model – 10 Techniques and 2 Bonus Techniques

#1- FST Motivational Technique

#2- FST Stress Chart

#3- FST Seed/Tree Diagram and Undercurrents (Root Causes)

#4- FST Stabilization vs. Active Trauma First

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#9- FST Dress Rehearsals and Troubleshooting

#10- FST Relapse Prevention

### Plus 2 Bonus Techniques

#11- FST Structural-Strategic Theory

#12- FST Nutrition

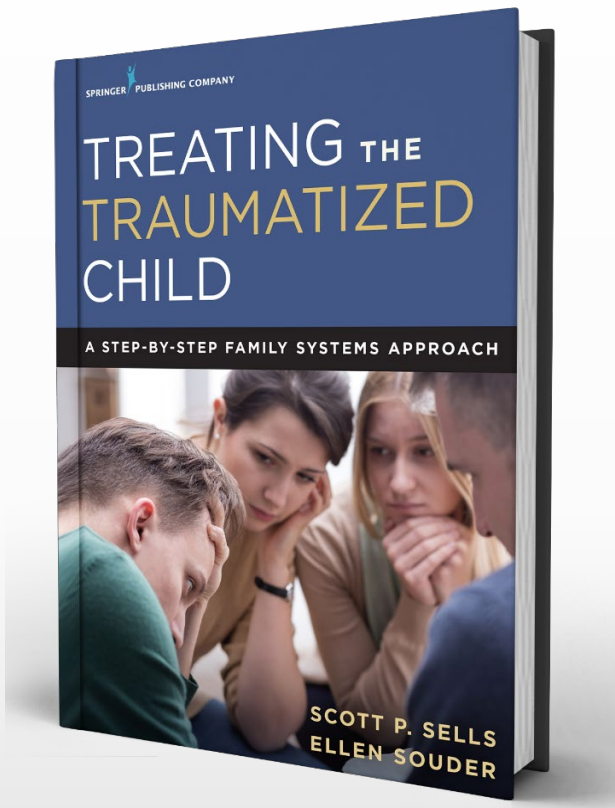
# FST Technique Tool Belt



- **Scripts**
- **Visual Guides**
- **Family Handouts**

The image features a group of men in suits, some with their heads bowed, overlaid with a torn paper effect. The background is a solid blue color. The text "You Are Invited" is written in a white, serif font, centered horizontally across the middle of the image. The torn paper effect is a jagged, horizontal line that separates the blue background from a lighter, yellowish-orange background. The text is positioned on the yellowish-orange background.

*You Are Invited*



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## How to Learn all 12 Techniques with Excellence

- **Self-Directed 12-week Online Course**
- **3-day Live Masterclasses**
- **CE Webinars**

**Family Trauma Institute**

TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS



## THANK YOU **AspireMN**

*The Family Trauma Institute invites you to our community.*

The Institute offers the mental health community step-by-step tools to heal families. These techniques are the building block to positive outcomes for families.

Choose the training program below that best meets your time and learning style needs.



**FST Training  
(Self-Paced)**

**FST 3-Day Masterclass  
(Virtual)**

**3.0 hr CE Webinars  
(On-Demand)**

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**Thank you.**

**[info@familytrauma.com](mailto:info@familytrauma.com)**

**[familytrauma.com](http://familytrauma.com)**



**Any Questions or  
Comments?**

**Open Mic**