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Please Note: “Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professional standards.”

References

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HANDOUT #1: THE FST MODEL

MODULE FLOWCHART



**FST Digital Advanced Training Course
with Dr. Scott Sells**

FST MODULE FLOWCHART

Structural-Strategic Theory and the FST Model – **Module 1**

- Structural Mapping
- Three Simple Steps: Toxic Seeds, Undercurrents, and FST Playbooks
- Different Roles: Stage Director, Co-Author, and Enactments



The Motivational Phone Call – **Module 2**

- Step 1: Why are FST Motivational Phone Calls Important?
- Step 2: The SPIN Theory behind the FST Motivational Phone Call
- Step 3: The FST Motivational Phone Call Scripts
- Step 4: The Stick and Move Technique
- Step 5: The Use of Effective Closing Remarks



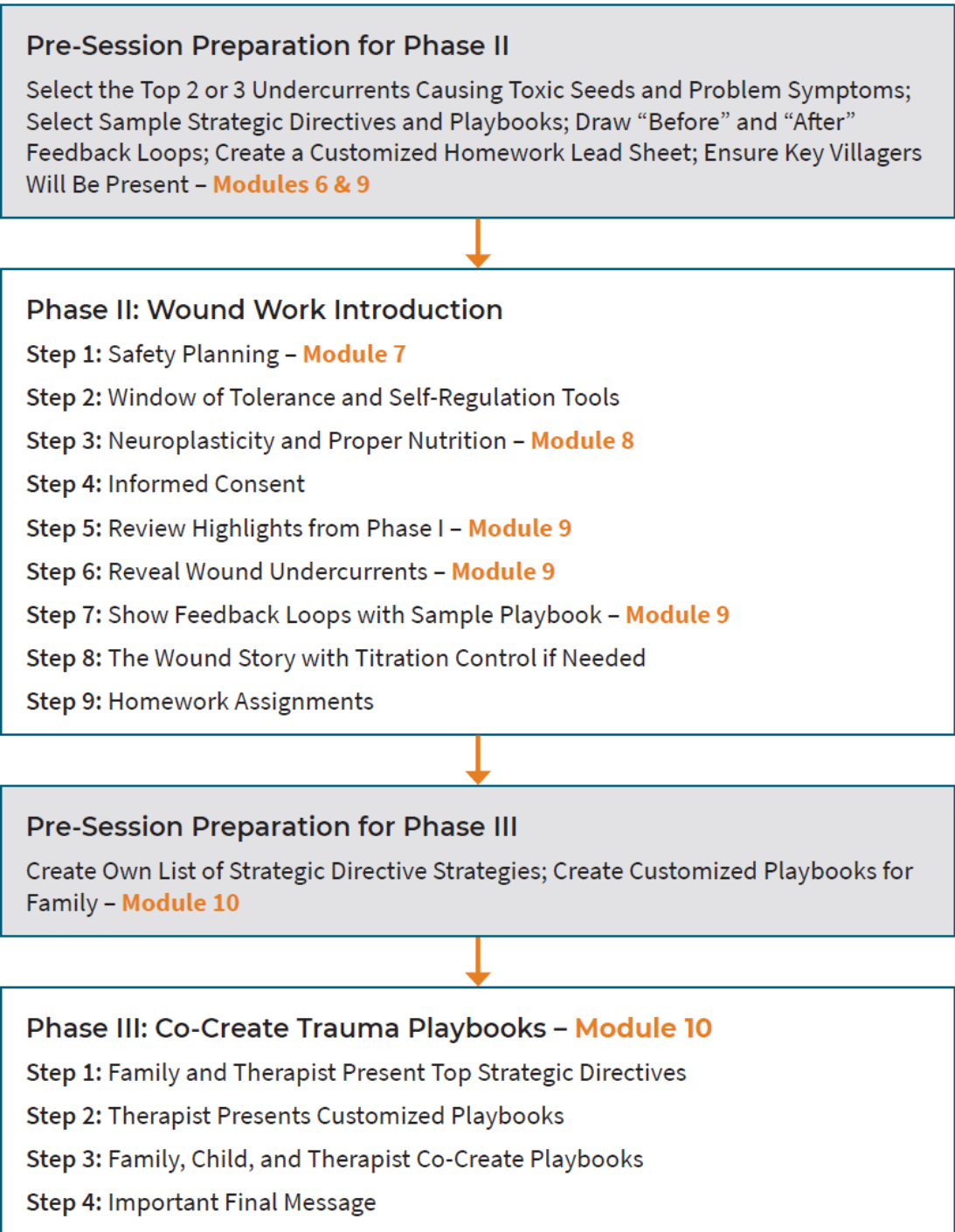
Phase I: Identify Symptoms (Stressors) & Set the Goals for Therapy

- Step 1: The Symptom/Stress Chart – **Module 3**
- Step 2: The Seed/Tree Diagram – **Module 4**
- Step 3: The Top Seed and Symptom Selections – **Module 5**
- Step 4: The Choice between Stabilization or Direct Trauma Work First – **Module 5**
- Step 5: Setting the Goals of Therapy – **Module 5**
- Step 6: Consolidate Gains Using Ethnographic Interviews

Behaviors
& Safety
Stabilization
First



Wounds and Safety First



Pre-Session Preparation for Phase IV

Type up and Laminate Playbooks; Create Troubleshooting Countermoves Checklist; Ensure Key Villagers Present – **Module 11**



Phase IV: Troubleshooting and Dress Rehearsals – Module 11

Step 1: Present Finalized Playbooks and Locate and Close Loopholes

Step 2: Present the Troubleshooting Countermoves Checklist

Step 3: Co-Create the Troubleshooting Countermoves Checklist

Step 4: Conduct Role-Plays/Dress Rehearsals and Enactments

Step 5: Implement Playbooks



Pre-Session Preparation for Phase V

Type up and Laminate Final Playbooks and Troubleshooting Checklist; Initiate Any Mid-Week Check-Ins as Needed; Create Decision Tree Handout; Create a Red Flags Checklist Template – **Module 12**



Phase V: Evaluate Progress and Relapse Prevention – Module 12

Step 1: Scaling to Assess Overall Progress

Step 2: Mini Scales to Consolidate Healthy Undercurrents

Step 3: Review Decision Tree for Next Steps

Step 4: Co-Create Red Flags Checklist

Step 5: If Graduation: Callbacks and Tune-Ups

HANDOUT #2: VILLAIN, VICTIM, HERO

Action Steps for Success

- Next time you have a stuck client, or they push your buttons with transference or countertransference, fill in this table
- Your goal is “balance”. Find an equal number of characteristics in each column. If you do not, you are out of balance.
- If you cannot find the Hero in your client- Ask hero questions such as:
 - “What keeps you from throwing in the towel?” OR
 - “When I get to know you better what qualities and strengths would I come to admire about you as a (person, parent, spouse, etc.)?”


Villain	Victim	Hero
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.

HANDOUT #3: THE FST MOTIVATIONAL CALL SCRIPT

TABLE 1: THE FST MOTIVATIONAL SCRIPT

<p>Question #1</p>	<p>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></p>
<p>Question #2</p>	<p>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></p>
<p>Question #3</p>	<p>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></p>
<p>Question #4</p>	<p>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></p>
<p>Question #5</p>	<p>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></p>

HANDOUT #4: TOXIC SEEDS AND UNDERCURRENTS

UNHEALED WOUNDS	
<p>Unhealed Wounds / Painful and Unhealed Life Experience</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>Unhealed Wounds usually happen in one of two ways:</p> <ol style="list-style-type: none"> 1. You or someone in your family experiences a traumatic or painful life event that simply does not heal on its own, over time. Common examples include: divorce, emotional or physical abandonment by a trusted figure, death of someone you really loved, physical, emotional or sexual abuse 2. Over time when there is a lot of tension, disrespect or arguing between parents and children. The outcome is the reduction of feelings of closeness and nurturance in the home and as these warm feelings leave, bitterness and lack of forgiveness creep in. Family secrets and emotional cutoffs among family members make this wound worse.
<p>Question</p>	<p>Are any of the problems or stressors that you listed on your chart caused by unhealed wounds?</p> <p style="text-align: center;"> <input type="checkbox"/> Yes <input type="checkbox"/> No </p>
<p>Undercurrents</p> <p>(Check all that apply)</p>	<p><input type="checkbox"/> Unhealed Grief or Loss</p> <p><input type="checkbox"/> Betrayal or Abandonment</p> <p><input type="checkbox"/> Family Secrets</p> <p><input type="checkbox"/> Abuse: <input type="checkbox"/> Physical <input type="checkbox"/> Mental <input type="checkbox"/> Emotional <input type="checkbox"/> Sexual</p> <p><input type="checkbox"/> Lack of Forgiveness/Bitterness</p> <p><input type="checkbox"/> Lack of Consistent Nurturance</p> <p><input type="checkbox"/> High Anxiety (lack of safety or security)</p> <p><input type="checkbox"/> High Stress (inability to relax, too much going on)</p>