

Outline

7 Essential Assessment & Treatment Techniques

#1 - Psychoeducation: Trauma, Behavior, and How the FST Model Can Help

Why the Family Systems Trauma (FST) Model works
The long-term impact of out of control behavior and an upside-down hierarchy
What is event-based v. interactional trauma?
Setting expectations for treatment

Video case example: "The police officer who apologizes to his family"

#2 - Undercurrents: Help Families Identify the Core Drivers of Unhealed Trauma

Recognize unhealthy interactional patterns that cause or maintain the trauma
Root work vs. Weed work: Where will you spend your session time?
How to inject healthy undercurrents into the family
Video and role play: An out of control mother: villain, victim or hero?

#3 - The 15 Minute Motivational Phone Call: Engage the Family Before Treatment Begins

7 questions to quickly motivate and build rapport
The importance of understanding before persuading
Avoid the call becoming a therapy session: the "stick and move" technique
Closing arguments – the most important piece of the call

Video case example: "Just fix my kid"

#4 - The Stress Chart and Seed/Tree Diagram: Assess and Diagnose Quickly and Accurately

Using scaling from 0% (no stress) to 100% (total stress) to quickly get to the problem
Identify four toxic "seeds" that maintain the child's problem behavior or symptoms
Assess for the child's safety stressors (self-harm, suicide, bullying, aggression)
Identification of seeds and symptoms by child, family and FST therapist
When to stabilize and when to start active trauma treatment

Video case example: "Knowing where to tap" to locate the core trauma drivers

#5 - The Ethnographic Interview: Using Client Feedback to Improve Outcomes

5 key questions for the end of each session (and why)
Why real-time client feedback will improve outcomes
How to elicit honest responses from clients and families
Delivery vs. content: It's not what you say but how you say it

Video case example: "We finally feel a part of the treatment"

#6 - Trauma Playbooks: Step-by-Step Strategies that Convert Treatment Concepts to Action

How to create a customized trauma playbook that:
• Activates the client and family to execute their part of the plan
• Heals the stronghold of shame, blame, performance and approval
• Uses the child's love language and is easily understood by everyone
How to adjust playbooks as treatment progresses
Troubleshooting, dress rehearsals, and next steps
Video case example: The self-harming teen overcomes the the stronghold of shame

#7 - Evaluate Progress and Relapse Prevention

Mini-scales technique: Reveal progress made on problematic undercurrents
Map out next steps of treatment and beyond
Identify red flags to prevent potential relapse
Role play example: See the mini-scales and decision tree techniques in action
Limitations of the Research and Potential Risks

FREE Materials for Your Clinical Toolbox!

- ✓ Motivational phone call script
- ✓ Red Flag/ Relapse checklist
- ✓ Troubleshooting playbooks
- ✓ Stress chart and Seed/Tree diagram
- ✓ Ethnographic interview questions
- ✓ And more!

"This training took my skills to the next level. Very practical – I can easily apply this to my clients!"
Jennifer, Ph.D.

Objectives

1. Differentiate between event-based and interactional trauma as it relates to assessment and treatment planning with the family.
2. Utilize therapeutic tools, scripts, and handouts to conduct family therapy with traumatized children more effectively.
3. Identify "undercurrents", or hidden causes of trauma, that are contributing to symptomology within the family to increase the effectiveness of treatment.
4. Create clinical treatment plans that are designed to address the specific needs of each client/family.
5. Utilize various scaling techniques to evaluate progress in treatment and identify potential risks for relapse.
6. Ascertain when it is appropriate to begin active treatment as opposed to stabilization of symptoms to ensure the safety of the child and family members.

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Treating the
TRAUMATIZED
CHILD AND FAMILY

7 Essential Assessment & Treatment Techniques

WOBURN, MA
Monday, October 14, 2019

DEDHAM, MA
Tuesday, October 15, 2019



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Treating the
TRAUMATIZED
CHILD AND FAMILY

7 Essential Assessment & Treatment Techniques

Presented by **Scott Sells, Ph.D., LCSW, LMFT**
Creator of the Family Systems Trauma (FST) model and Parenting with Love & Limits®

Step-by-step tools to:

- Go beyond treating surface issues and get to the core of the problem
- Stop even the most severe behavior problems at home and school
- Change expectations from "fix my child" to "help our family"
- Engage and motivate resistant parents and caregivers
- Improve boundaries, attachment, discipline and communication in the home

WOBURN, MA
Monday, October 14, 2019

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Tuesday, October 15, 2019

TREATING THE TRAUMATIZED CHILD AND FAMILY

7 Essential Assessment & Treatment Techniques

Young clients are often referred to therapy because of an overt behavior problem – **acting out, shutting down, skipping school, self-harm, aggression, running away** – not the underlying trauma and unhealthy family dynamics that are the real cause of the problem. And while you can make some progress individually, lasting change is unlikely when the child returns to the same unhealthy dynamic at home.

Trauma affects the entire family – shouldn’t treatment do the same?

Join Dr. Scott Sells, founder of the Family Systems Trauma (FST) Model and creator of Parenting with Love and Limits®, to learn **7 must-have, evidence-based techniques for assessing and treating the traumatized child in whole new way.**

Under Dr. Sells’ expert guidance, you’ll discover how you can:

- Engage and motivate even the most resistant parents and families
- Keep session work focused, strategic, and solution-oriented
- Empower caregivers to improve boundaries, attachment, discipline and communication
- Overcome the most common treatment roadblocks that frustrate you and your client
- Utilize easy to follow handouts and resources to help facilitate change

If you’re treating young people, you need these techniques in your clinical toolbox!
Sign up today!

Speaker

Scott P. Sells, PhD, LCSW, LMFT, creator of the Family Systems Trauma (FST) model, has been treating children and adolescents with severe emotional and behavioral problems for over 20 years. The FST model, along with his widely known Parenting with Love and Limits® program, is an evidence-based treatment approach that is being used by juvenile justice and child welfare agencies in both the United States and Europe to help children and families find healing and hope. Dr. Sells is the author of three best-selling books, *Treating the Traumatized Child: A Step-by-Step Family Systems Approach* (Springer, 2017), *Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* (St. Martin’s Press, 2001), and *Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide* (Guilford, 1998). In addition, he has authored over 20 publications in such periodicals as *Psychotherapy Networker*, *Contemporary Corrections*, *Journal of Child and Adolescent Substance Abuse*, *Professional Issues in Criminal Justice*, *Family Process*, and *Journal of Marital and Family Therapy*, plus book chapters in the *Handbook of Family Therapy Research Methods* (1996) and *Social Worker’s Desk Reference*, 2/E (2008). A former tenured professor of social work at Savannah State University and associate professor at the University of Nevada-Las Vegas, Dr. Sells is a sought-after speaker who has delivered the keynote address at national conferences for the American Association of Marriage and Family Therapy, the National Association of Social Workers, and the Southeastern Psychological Association, among others. In addition, he was one of six expert presenters at the American Association of Marriage and Family Therapy’s prestigious Summer Institutes as well as the world-renowned Cape Cod Institute.

Speaker Disclosure:

Financial: Scott Sells is the owner of Savannah Family Institute, Inc. He receives a speaking honorarium from PESI, Inc.
Non-financial: Scott Sells has no relevant non-financial relationship to disclose.

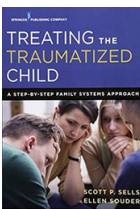
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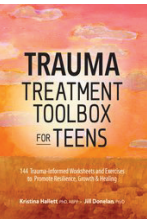


Treating the Traumatized Child

A Step-by-Step Family Systems Approach, 1st Edition

By Scott Sells, PH.D., MSW, LCSW, LMFT - **Your presenter!**

This is the first book that addresses trauma treatment for child and adolescents using a Family Systems Trauma (FST) model which goes beyond individual therapy to include the child and their entire family. Co-written by a renowned family therapist who created the Parenting with Love and Limits® model, it delivers a research-based, step-by-step approach that incorporates the child’s immediate family along with their extended family to treat the traumatized child or adolescent.



Trauma Treatment Toolbox for Teens

144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing

By Kristina Hallett, PHD, ABPP & Jill Donelan, PSYD

Drawing from evidence-based interventions and the most effective treatment approaches, the *Trauma Treatment Toolbox for Teens* is a practical workbook for clinicians working with teenagers who have experienced trauma, PTSD, and stress. Inside you’ll find **144 unique trauma-informed worksheets and exercises** to connect, relate and engage with teens—and help them understand how trauma impacts the mind and body, to promote growth and healing.

Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



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TARGET AUDIENCE:

Psychologists • Social Workers • Mental Health Counselors
Marriage and Family Therapists • Addiction Counselors
Other Mental Health Professionals Who Work with Kids

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