

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!

Live Seminar & Webcast Schedule (Times Listed in Eastern)

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.

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

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Tuesday, November 5, 2019

BOWIE, MD
Wednesday, November 6, 2019

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Wednesday, November 6, 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

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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.

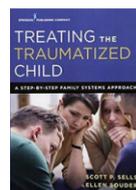
"This training took my skills to the next level. Very practical – I can easily apply this to my clients!"
- Jennifer, Ph.D.

Hassle-Free Cancellation Policy: If you contact us before the event date, a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker, or have a new topic idea, please contact Kate Sample at ksample@pesi.com or call (715) 855-5260.



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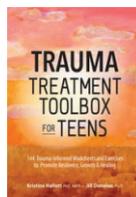


Treating the Traumatized Child

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.



PESI Inc. is proud to offer this seminar (at these locations only) **free** of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

TARGET AUDIENCE:

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

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on November 6, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75196

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and all attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cespi@pesi.com or 800-844-8260 before the event.

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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addition Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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District of Columbia Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Maryland Counselors: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) **free** of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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- *Treating the Traumatized Child* book* \$55.00 (SAM086015)
- *Trauma Treatment Toolbox for Teens* book* \$29.99 (PUB085975)

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