

# How to Do Online Therapy with Excellence

Scott P. Sells, PhD, LCSW, LMFT

**Family Trauma Institute**

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TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS



**COMPLEX TRAUMA  
THERAPISTS'  
NETWORK IN THE UK**

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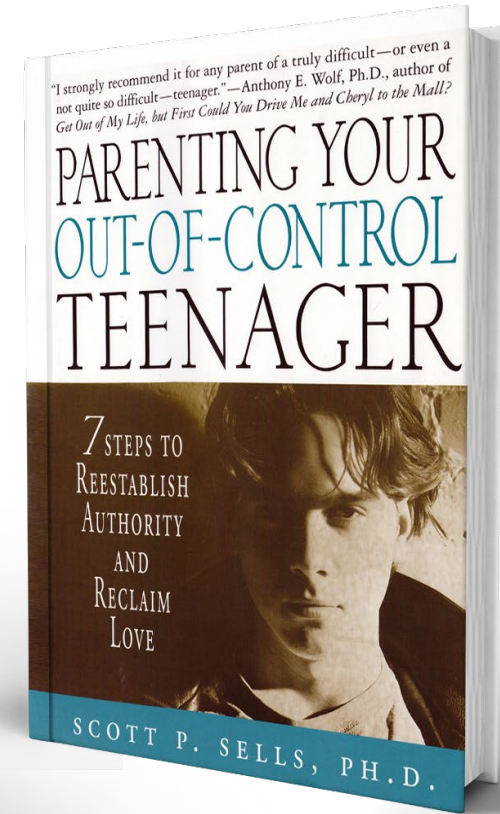
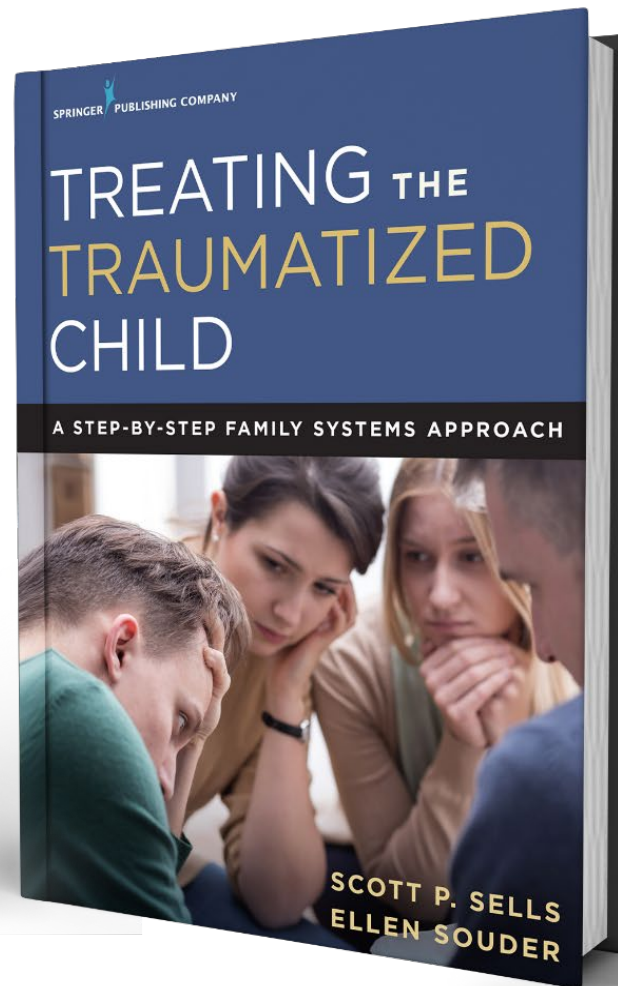
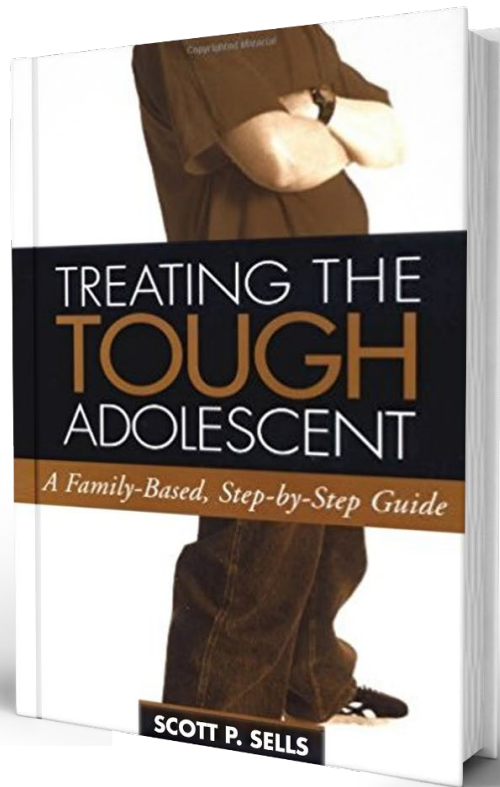
**Scott Sells, Ph.D.,  
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**EVIDENCE-BASED  
FAMILY TREATMENT MODEL**

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TRAINING PROFESSIONALS TO  
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[familytrauma.com](http://familytrauma.com)

# 12 Core Techniques

## FST | Family Systems Trauma Model

1. Structural-Strategic Theory
2. Motivational Phone Call
3. Stress Chart
4. Seed/Tree Diagram
5. Stabilization vs. Active Trauma
6. Engaging the Extended Family
7. Safety First Contracts
8. Nutrition and Trauma
9. Feedback Loops & Undercurrents
10. Trauma Playbooks
11. Troubleshooting & Dress Rehearsals
12. Relapse Prevention



# **My Goal Today...**

**Walk into your next session tomorrow  
with more confidence**

**And get better outcomes with your  
traumatized cases from a family  
trauma lens using online therapy**

# **Goal of Today's Educational Training**

**3 Concrete FST Tools**

**Online Therapy  
With Excellence**

**With the Help of a  
Zoom Online Case Study**

# In Your Chat Box

**Type in “yes” if online  
telemedicine has been  
Challenging for you during  
COVID**

**In terms of “how” to best do it  
with excellence and confidence?**

**Here are the Online Tools:**

**#1-Power of Visuals and Agenda**

**FST Model Built for Zoom**

**Here are the Online Tools:**

**#2-FST Stress Chart**



**Here are the Online Tools:**

**#3-FST Mini Scales**

**Clear Next Steps  
if You Want to Go Deeper**



# Meet Sarah and Her Family

- Single-parent mom
- Domestic violence: 10 yrs
- 4 Boys- Ryan-15; Lukas-13  
Gavin-9, Zane-7
- COVID Fatigue
- Isolation



**Here are the Online Tools:**

**#1-Power of Visuals and Agenda**

Every battle is won or lost before it is ever  
fought -

**Sun Tzu - The Art of War**



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Time: 12pm MST

Location Zoom Link:

Expected Attendance Sarah Only

## **Overall Purpose and Goals of Meeting**

1. Go Over Signs and Symptoms of COVID Fatigue
2. Your FST Stress Chart Review—Pre-COVID vs. Today
3. “A Pulse Check” - Using FST Mini Scales
4. Next Action Steps Based on Your Mini Scale Answers

# In Your Chat Box

**One Reason Why A Pre-Written  
Agenda Might Help Your Online  
Practice?**

# #1- Signs and Symptoms of COVID Fatigue

## Signs to Look For with a Situational Crisis

- ✓ Initial Shock or Honeymoon Stage
- ✓ Get easily touchy or irritated and feeling overwhelmed
- ✓ Start to want to selfmedicate to relieve pressure and isolate
- ✓ Conflict with child or teenager amplified 10x
- ✓ Interactional Trauma = Drama = Trauma

# COVID 19



**Situational Crisis**





# Unbalance





# Signs and Symptoms of COVID Fatigue- “Normalize”

# Signs to Look For with a Situational Crisis

- ✓ Initial Shock or Honeymoon Stage
- ✓ Get easily touchy or irritated and feeling overwhelmed
- ✓ Start to want to self-medicate to relieve pressure and isolate
- ✓ Conflict with child or teenager amplified- 10x
- ✓ Interactional Trauma- Drama = Trauma

# In Your Chat Box

**One Reason Why Normalizing  
Signs and Symptoms**

**Of COVID Fatigue is a good first  
step for your online treatment?**

**Here are the Online Tools:**

**#2-FST Stress Chart**



**Assess**

**Your Family  
Stress Levels**

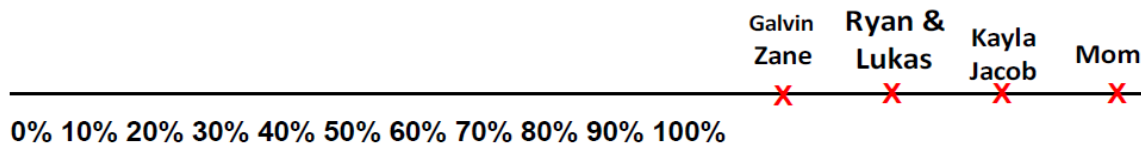
**“Visually”**



## #2- FST Stress Chart Review: Pre-COVID vs. Today

### A Review of Your Stress Chart “Pre-COVID”

#### We Located Ryan and Lukas’ Top Problems FST Stress Chart Technique



##### Ryan's & (Lukas?) Top Three Stressors

1. “Arguments mom and sibs” (Disrespect)
2. “Chores” (Chores)

##### Mom's Top Three Stressors

1. “Arguments” (Disrespect)
2. “Finances” (Finances)

##### Jacob & Kayla's Top Three Stressors

1. “Not listening” (Disrespect)

##### Safety Stressors:

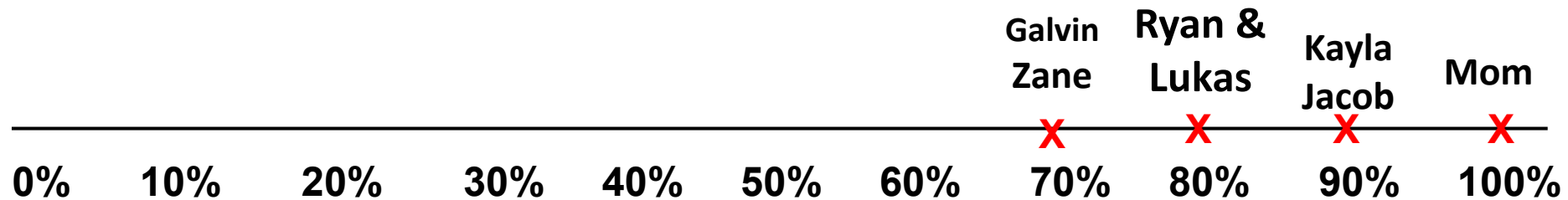
- 1- Some Hitting (Aggression)

### We Will Determine Your Stress Chart Today

Will insert and send to you by email *after the session*

# We Located Ryan and Lukas' Top Problems

## FST Stress Chart Technique



### Ryan's & (Lukas?) Top Three Stressors

1. "Arguments mom and sibs" (Disrespect)
2. "Chores" (Chores)

### Mom's Top Three Stressors

1. "Arguments" (Disrespect)
2. "Finances" (Finances)

### Jacob & Kayla's Top Three Stressors

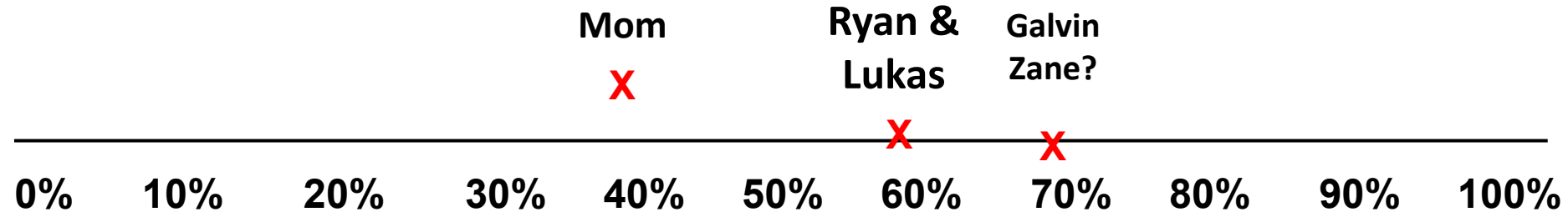
1. "Not listening" (Disrespect)

### Safety Stressors:

- 1- Some Hitting (Aggression)

# Where Are You Today?- During this Situational Crisis

## FST Stress Chart Technique



### Ryan's & (Lukas?) Top Three Stressors

1. "Arguments mom and sibs" (Disrespect)
2. "Chores" (Chores)

### Mom's Top Three Stressors

1. "Arguments between siblings" (Disrespect)
2. "Arguments in general"

### Safety Stressors:

- 1- Some Hitting (Aggression)

# FST Stress Chart

## Watch Unfold:

- ✓ *Share Screen Visuals*
- ✓ *Animation to Engage*
- ✓ *Measurable*
- ✓ Bite-Sized Problems
- ✓ the Before and After COVID-19
- ✓ New Problems

# In Your Chat Box

**One Reason Why the FST Stress Chart Technique Might Help the Individual, Couples, or Families you work with?**

**Here are the Online Tools:**

## **#3-FST Mini Scales**

**(Relapse Prevention and  
“Consolidating gains”)**



# #3- “A Pulse Check” Using FST Mini Scales

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## FST Mini Scale

Mini Scales: On a scale of 1-5 (1 being the worst it could be and 5 being the best), where are you on each of these undercurrent before FST began and now?

Healthy Undercurrents		Before FST	After FST
High Anxiety Avoid Button Pushing			
Consistent Discipline			
Soft Communication- step-by-step			
Maintaining a Supportive Village			



# FST Mini Scale

Mini Scales: On a scale of 1-5 (1 being the worst it could be and 5 being the best), where were you on this undercurrent before FST began and now?

Healthy Undercurrents	Before FST	After FST
<b>Consistent Discipline</b> – contract – support from the village	<b>2</b>	<b>4</b>
<b>Soft Communication-</b> step-by-step- more conscious	<b>1</b>	<b>3</b>

# FST Mini Scale and Online Counseling

## Watch Unfold:

- ✓ *Visuals Key for Online*
- ✓ *Pulse Check*
- ✓ *Consolidate Gains for **Second-Order Change***
- ✓ Areas to Work on:  
Soft Communication
- ✓ In THE moment crisis

## **#4- Next Steps Based on Your Mini Scale Answers**

**Where do we go from here? We will pick one below:**

- A. Graduate and Red Flags Checklist with Callbacks**
- B. Tweak current playbook and negotiate for a few more sessions**
- C. Pick a new symptom and build another playbook**
- D. Safety or Misuse of Power Issues Emerge**
- E. Terminate Against Therapist's Recommendation**

**Here are the Online Tools:**

**#1-Power of Visuals and Agenda**

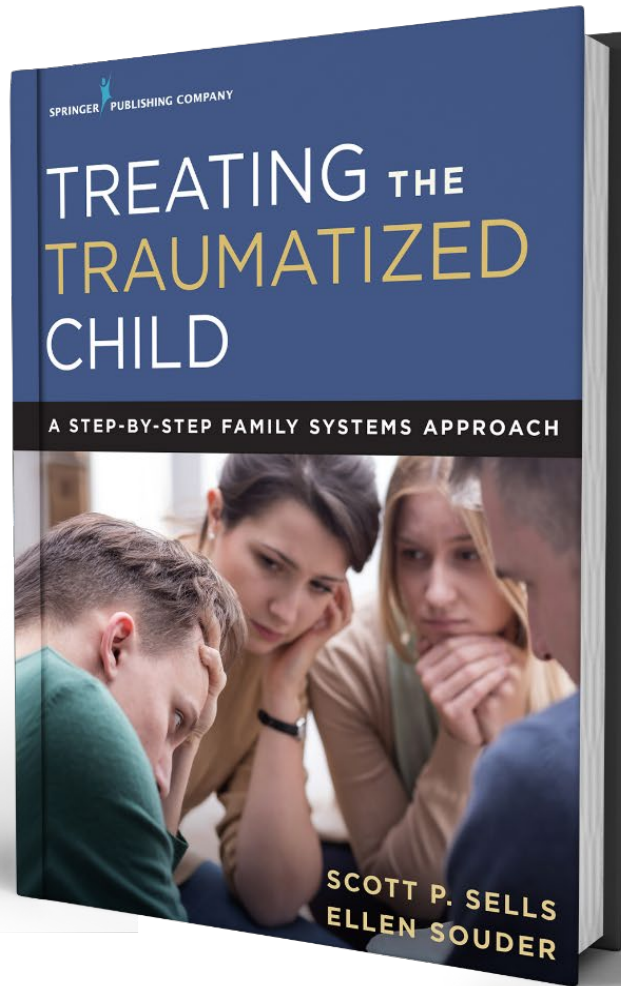
**#2- FST Stress Chart**

**#3- FST Mini Scales & Next Steps**

**Clear Next Steps if You Want to Go Deeper**







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# 12 Core Techniques

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# FST Advanced Training Course

[getFSTdigital.com](https://getFSTdigital.com)





## **FST Advanced Training**

### ***Learn the 12 Techniques***

of the FST | Family Systems Trauma Model

### ***Get worksheets, scripts and resources***

to engage families and accelerate change

### ***Discover how to strengthen and build relationships***

with parents, extended family and other support communities(via Zoom)

### ***Attend weekly coaching with Dr. Sells***

to support learning and onboard techniques (via Zoom)

**Enroll Now**



## FST Digital Advanced Training Course

12 FST Techniques to Become a Family Trauma Expert

# COURSE CALENDAR

### 12 FST ADVANCED TRAINING TECHNIQUE MODULES

- |                                |                                    |                                       |
|--------------------------------|------------------------------------|---------------------------------------|
| 1. Structural-Strategic Theory | 5. Stabilization vs. Active Trauma | 9. Feedback Loops and Undercurrents   |
| 2. Motivational Phone Call     | 6. Engaging the Extended Family    | 10. Trauma Playbooks                  |
| 3. Stress Chart                | 7. Safety First Contracts          | 11. Troubleshoot and Dress Rehearsals |
| 4. Seed/Tree Diagram           | 8. Nutrition and Trauma            | 12. Relapse Prevention                |

Week <b>1</b>	MON - 3/15	TUE - 3/16	WED - 3/17	THU - 3/18	FRI - 3/19
	<b>MODULE 1: STRUCTURAL- STRATEGIC THEORY</b>	<b>ORIENTATION</b> 7pm EDT			<b>MODULE 1 OFFICE HOURS</b> 12pm EDT
Week <b>2</b>	MON - 3/22	TUE - 3/23	WED - 3/24	THU - 3/25	FRI - 3/26
	<b>MODULE 2: MOTIVATIONAL INTERVIEW</b>				<b>MODULE 2 OFFICE HOURS</b> 12pm EDT
Week <b>3</b>	MON - 3/29	TUE - 3/30	WED - 3/31	THU - 4/1	FRI - 4/2
	<b>MODULE 3: STRESS CHART</b>				<b>MODULE 3 OFFICE HOURS</b> 12pm EDT



# FST Professional Development

A step-by-step framework to become a Family Trauma Expert



# FST Advanced Training Course

[getFSTdigital.com](https://getFSTdigital.com)





**Dr. Scott Sells**

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Any Questions or Comments?

**Open Mic**