

## 2-Day Certificate Course: Trauma Treatment for Children and Adolescents

Trauma treatment with children and adolescents is the most intense, complex and heart-wrenching work you do each day. Too often these young clients are brought to your office by their caregiver with the expectation that you will “fix” their child’s symptoms. But it’s difficult to find lasting success when the client returns to the same deeply engrained, dysfunctional family dynamic at home, leaving you feeling frustrated and ineffective.

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

Join Dr. Scott Sells, founder of the Family Systems Trauma (FST) treatment model, for this 2-day course full of innovative, evidence-based interventions that treat the traumatized child and family through a whole new lens. Using a step-by-step, practical approach, **FST provides a clear roadmap for creating lasting change that simply cannot be achieved in individual therapy.**

Under Dr. Sells’ expert guidance, you’ll discover how you can **take your treatment of complex, deeply entrenched family trauma to the next level** and overcome the most common roadblocks that can frustrate you and your clients. Rather than treating surface level symptoms, FST gets at the drivers of the problem using practical, simple tools you can use the very next day in your office including:

- 21 core techniques for identifying and treating unhealed trauma
- Step-by-step instructions for making the most of each session
- Detailed handouts to guide your treatment focus
- Checklists for relapse prevention and safety planning
- And more!

**Don’t miss this unique opportunity to transform your approach to trauma work! Sign up today!**

## Speaker

**Scott P. Sells, PhD, LCSW, LMFT**, is former tenured professor of social work, Savannah State University, Savannah, GA and associate professor at UNLV in Las Vegas, NV. Dr. Sells is the author of three best-selling books, *Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide* (1998), *Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* (2001), and *Treating the Traumatized Child: A Step-by-Step Family Systems Approach* (Springer, 2017). He has 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.) Dr. Sells has extensive experience as a keynote speaker for the American Association of Marriage and Family Therapy, the National Association of Social Workers the Southeastern Psychological Association, and others. He was invited to be 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. Dr. Sells is the founder and model developer of an evidence-based model known as the FST | Family Systems Trauma Model that is being used by both juvenile justice and child welfare in over 14 states and in Europe.

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.

**\*SAVE by including these products with your seminar registration!**

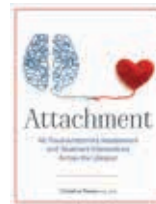


### *Treating the Traumatized Child*

*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.



### *Attachment*

*60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan*

By Christina May Reese, LCPC, PHD

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client’s relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions.** Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.



### *Trauma Treatment Toolbox*

*165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward*

By Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients’ brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.

*More info and resources at [www.pesi.com/bookstore](http://www.pesi.com/bookstore)*

### Live Course Schedule (both days):

**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.

### Questions?

Call customer service at  
**800-844-8260**

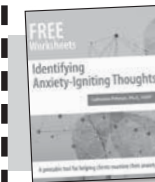
### Target Audience:

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

**FREE** Worksheets

### *Identifying Anxiety-Igniting Thoughts*

By Catherine Pittman, Ph.D. HSPP



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## 2-Day Certificate Course: Trauma Treatment for Children and Adolescents

### A Step-by-Step, Family Systems Approach to Recovery

*Presented by: **Scott Sells, PhD, LCSW, LMFT**, creator of the Family Systems Trauma treatment model and Parenting with Love and Limits®*

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## 2-Day Certificate Course: Trauma Treatment for Children and Adolescents

### A Step-by-Step, Family Systems Approach to Recovery

*Presented by: **Scott Sells, PhD, LCSW, LMFT**, creator of the Family Systems Trauma treatment model and Parenting with Love and Limits®*

- Reach treatment goals that simply can’t be accomplished in individual therapy
- Invigorate your trauma cases that seem chronically stuck with no clear solution
- Go beyond treating surface symptoms and get to the core of the problem
- End negative family interactional cycles that retraumatize your client



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# Outline

## Engage Resistant Families

### Powerful FST Strategies to Build Motivation and Rapport

The art of the 15-minute motivational phone call

7 must-ask questions to quickly motivate and build rapport

Lower no-show rates: Get parents and kids to attend the first session and beyond

Why a soft startup to treatment is important

Tips to avoid the call becoming a therapy session

**Video case example:** “Just Fix My Kid” – Engaging the parent in a 15-minute motivational phone call

## Assessment and Treatment Planning

### Identify the Core Drivers of Unhealed Trauma

Event-based Trauma v. Interactional Trauma

How quickly to join with a traumatized family?

3 rules of thumb: When to stabilize and when to start active trauma treatment

Stress Chart Technique: Diagnose the root causes of the trauma

Seed/Tree Diagram Technique: Identify four toxic “seeds” that maintain the problem symptoms

**Video case example:** Apology session: Healing generational trauma of abuse and neglect between father and son

## Transform the Family Dynamic:

### FST Techniques to Heal Trauma and Create Healthier Families

Safety first: Develop a clear plan to lower risk

Shift parent mindsets from “fix the child” to “fix our family”

Assess window of tolerance and self-regulation skills

Reveal wound “undercurrents” to externalize the problem

Determine whether re-telling the trauma story is necessary

The Arrow technique: Help clients reduce shame, blame, approval addiction and the performance trap

Empower families to uncover strategies to heal their own trauma

**Video case example:** A self-harming teen and the stronghold of shame

## Healing Trauma in the Here and Now:

### Step-by-Step Instructions for Creating New Interactional Patterns

How to create a specific, written plan for healing trauma

Who, what, when, where and how to inject healthy undercurrents into the family

Dozens of unique techniques and strategies, including:

- Opening to the Future
- The High/Low Checkup
- Medication Compliance Plan
- Emotional Warm-ups: The Positive Child Report
- Externalizing the Family Secrets for Deep Healing
- And more!

Dress rehearsals for implementing the trauma contract

Troubleshooting checklist: Problem solve any loopholes

**Demonstration:** How to execute effective dress rehearsals with clients

## Family Systems Graduation: Evaluate Progress and Relapse Prevention

0-100% scaling technique: Assess overall progress of the trauma contract

Mini-scales technique: Reveal headway made on the key undercurrents

Decision tree: Clearly map out the next possible treatment steps

Red flags checklist: Identify any possible signs of relapse, next steps

Post-treatment tune-ups: Set up 30, 60, 90 day check-ins; assess when a tune-up session is needed

**Demonstrations:** Learn each of the core family systems trauma relapse prevention techniques

## Ethical and Legal Considerations: Your Questions Answered

How to develop a solid informed consent plan for the entire family

Know your codes: AAMFT, ASWB/NASW, ACES/ACA, APA

Decision tree: Weigh the risks and benefits of revealing the trauma story

Risks v. benefits of involving the entire family in treatment

Confidentiality and HIPAA considerations

Limitations of the research and potential risks

**Video case example:** What would you do if...? An ethical examination of a very messy clinical case

# Live Course Continuing Education 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 allow 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 [cepesi@pesi.com](mailto:cepesi@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.

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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. **Advanced online registration required.**

## 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](mailto:ksample@pesi.com) or call 715-855-5260.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 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.

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**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical Practice) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS:** This intermediate activity consists of 12.5 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. Full attendance is required; no partial credits will be offered for partial attendance.

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QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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## ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

## 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. **Advanced online registration required.**

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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\_\_\_\_ Seminar on DVD\* (video) \$199.99 (RNV054790)

\_\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA054790)

\_\_\_\_ **Treating the Traumatized Child** book\* \$55.00 (SAM086015)

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\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

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# Objectives

1. Complete a comprehensive PTSD assessment with the child, family, and extended family to enable you to more effectively identify the root causes of the trauma in the marriage, the child, or family.
2. Identify “undercurrents”, or hidden causes of trauma, that are contributing to symptomatology within the family to increase the effectiveness of treatment.
3. Establish techniques that provide clarity of roles within traumatized families to help reduce presenting issues such as self-harm, anxiety, depression, violence, suicidal ideation, eating disorders, substance abuse, and extreme disrespect.
4. Develop a safety plan with clients and their families to effectively respond to potential crises that may arise within the therapeutic process.
5. Implement three “rules of thumb” for assessing whether to begin active trauma treatment or focus on safety and stabilization when working with a family in crisis.
6. Recognize and address common ethical and legal dilemmas that may arise when actively involving the child and family in trauma treatment.
7. Summarize how family systems treatment interventions can be interwoven with traditional individual trauma treatment approaches, such as TF-CBT, to further improve clinical outcomes.
8. Utilize specific pre-treatment techniques that motivate the clients’ family members to engage in in the therapeutic process.
9. Assess the client’s “window of tolerance” and self-regulation skills to determine appropriate treatment interventions.
10. Create clinical treatment plans that are designed to address the specific needs of each client/family.
11. Articulate how to develop a comprehensive informed consent plan prior to beginning treatment with traumatized clients and families.
12. Utilize various scaling techniques to evaluate progress in treatment and identify potential risks for relapse.

## Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



## Course on CD or DVD Package:

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