



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 II

Select the Top 2 or 3 Undercurrents Causing Toxic Seeds and Problem Symptoms; Select Sample Strategic Directives and Playbooks; Draw “Before” and “After” Feedback Loops; Create a Customized Homework Lead Sheet; Ensure Key Villagers Will Be Present – **Modules 6 & 9**

Phase II: Wound Work Introduction

Step 1: Safety Planning – **Module 7**

Step 2: Window of Tolerance and Self-Regulation Tools

Step 3: Neuroplasticity and Proper Nutrition – **Module 8**

Step 4: Informed Consent

Step 5: Review Highlights from Phase I – **Module 9**

Step 6: Reveal Wound Undercurrents – **Module 9**

Step 7: Show Feedback Loops with Sample Playbook – **Module 9**

Step 8: The Wound Story with Titration Control if Needed

Step 9: Homework Assignments

Pre-Session Preparation for Phase III

Create Own List of Strategic Directive Strategies; Create Customized Playbooks for Family – **Module 10**

Phase III: Co-Create Trauma Playbooks – **Module 10**

Step 1: Family and Therapist Present Top Strategic Directives

Step 2: Therapist Presents Customized Playbooks

Step 3: Family, Child, and Therapist Co-Create Playbooks

Step 4: Important Final Message

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