



FOUNDATIONS OF ESFT – FBMHS (2021-2022)*

These courses provide a foundation in conceptualizing and applying the ESFT model. They are designed to be completed in tandem with the live didactic/clinical series (8 trainings) and selected reading from the book, *Setting the Stage for Change*. To get the most out of these courses, it is important that therapists **discuss the content with one another and with supervisors** and try to apply the concepts to cases.

PART I: THE POPULATION (6.0 HOURS)

POP 101: Understanding Children with SED and their Families (3.0 CE Hours)

POP 102: Impacts of Trauma on Children and their Caregivers (3.0 CE Hours)

PART II: ESFT MODEL (3.5 HOURS)

CON 200: An Introduction to Systems Theory and ESFT (1.5 CE Hours)

CON 202: The SED System and the Assessment of Pattern (2.0 CE Hours)

PART III: THE THERAPEUTIC SYSTEM (5.5 HOURS)

SYS 200: Creating the Therapeutic System: An Introduction (1.5 CE Hours)

SYS 201: The Therapeutic Alliance (2.0 CE Hours)

SYS 202: Creating Safety in Sessions (2.0 CE Hours)

PART IV: CREATING A RELATIONAL TREATMENT FOCUS (5.5 HOURS)

PLN 301: Relational Treatment Planning (1.5 CE Hours)

PLN 303: Crafting Meaningful Treatment Goal and Action Steps (2.0 CE Hours)

PLN 304: Eco-Systemic Case Conceptualization (2.0 CE Hours)

PART V: STABILIZING CHILDREN AND FAMILIES (3 HOURS)

SCT100: Preventing Teen Suicide (3.0 CE Hours)

*These courses are subject to change during the year. The Center for Family Based Training is in the process of updating its online curriculum.