



FOUNDATIONS OF ESFT – NC IIH (2021-2022)*

These courses provide a foundation in conceptualizing and applying the ESFT model. Per the service description for IIH, all staff must complete 24 hours of ESFT training within 90 days. However, pacing is important for learning. **Do not cram.** To get the most out of these courses, it is important that therapists **discuss the content with one another and with Trainer/Mentors** 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 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 (4 HOURS)

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

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

PART V: ESFT INTERVENTION (5 HOURS)

FST 501: Recognizing and Treating the Under-Organized Family (5.0 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.