



FOUNDATIONS OF ESFT – FBMHS (2022-2023) *

These courses provide a foundation in conceptualizing and applying the ESFT model. They complement the live didactics presented in the first year Foundations training.

Pacing is important for learning; follow the foundations syllabus if possible. **Do not cram.**

To get the most out of these 22 hours of online courses, it is important that therapists **discuss the content with one another and with supervisors** and try to apply the concepts to cases.

THE POPULATION- CHILDREN AND FAMILIES WITH COMPLEX TRAUMA (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)

CONCEPTUAL FOUNDATIONS OF ESFT (3.5 HOURS)

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

CON 202: The Four Pillars of ESFT (2.0 CE Hours)

CONSTRUCTING THE THERAPEUTIC SYSTEM (6 HOURS)

SYS 200: The Treatment Tasks of Creating a Therapeutic System (2.0 CE Hours)

SYS 201: The Therapeutic Alliance (2.0 CE Hours)

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

PART IV: CREATING A RELATIONAL TREATMENT FOCUS (3.5 HOURS)

PLN 301: Relational Treatment Planning (1.5 CE Hours)

PLN 302: Systemic Case Conceptualization (2.0 CE Hours)

PART V: STABILIZING CHILDREN AND FAMILIES (3 HOURS)

SCT: 100: 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.