



Foundations of ESFT-FBMHS 2025-2026

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 20.5 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 (3.0 hours)

POP101: Children with Severe Emotional Disturbance & their Families (3.0 CE hours)

What is ESFT (4.0 hours)

CON223: The Fundamentals of Eco-Systemic Structural Family Therapy (2.0 CE hours)

CON206: The Four Pillars of Eco-Systemic Structural Family Therapy (2.0 CE hours)

Constructing the Therapeutic System (6.0 hours)

SYS200: The Treatment Tasks of Creating a Therapeutic System (2.0 CE hours)

SYS201: The Therapeutic Alliance (2.0 CE hours)

SYS202: Creating Emotional Safety in Family Therapy Sessions (2.0 CE hours)

Creating a Relational Treatment Focus (2.0 hours)

PLN323: Eco-Systemic Case Conceptualization (2.0 CE hours)

Family Assessment & Intervention (5.5 hours)

FAS200: Identifying Family Patterns Using the Relational Genogram (2.0 CE hours)

FAS202: Recognizing family Structure (2.0 CE hours)

MET200: Facilitating Enactments (1.5 CE hours)

Optional but Recommended (3.5 hours)

CON124: An Introduction to Systemic Practice (1.0 CE hours)

FAS201: Constructing a Relational TimeLine (1.0 CE hours)

PLN301: Relational Treatment Planning (1.5 CE hours)

Please Note: Courses are subject to change during the year.