

**Healing Anxious Kids  
and their  
Anxious Families**

**Family Trauma  
Solutions**



**Family Trauma Institute**  
TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS

1

**Scott Sells, Ph.D.,  
MSW, LCSW, LMFT,  
AAMFT Approved  
Supervisor**



**Family Trauma Institute**  
TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS

2



3



4

## 12 Core Techniques FST | Family Systems Trauma Model

- |                                    |  |
|------------------------------------|--|
| 1. Structural-Strategic Theory     | 7. Safety First Contracts              |
| 2. Motivational Phone Call         | 8. Nutrition and Trauma                |
| 3. Stress Chart                    | 9. Feedback Loops & Undercurrents      |
| 4. Seed/Tree Diagram               | 10. Trauma Playbooks                   |
| 5. Stabilization vs. Active Trauma | 11. Troubleshooting & Dress Rehearsals |
| 6. Engaging the Extended Family    | 12. Relapse Prevention                 |

5

### Learning Objectives or Takeaways

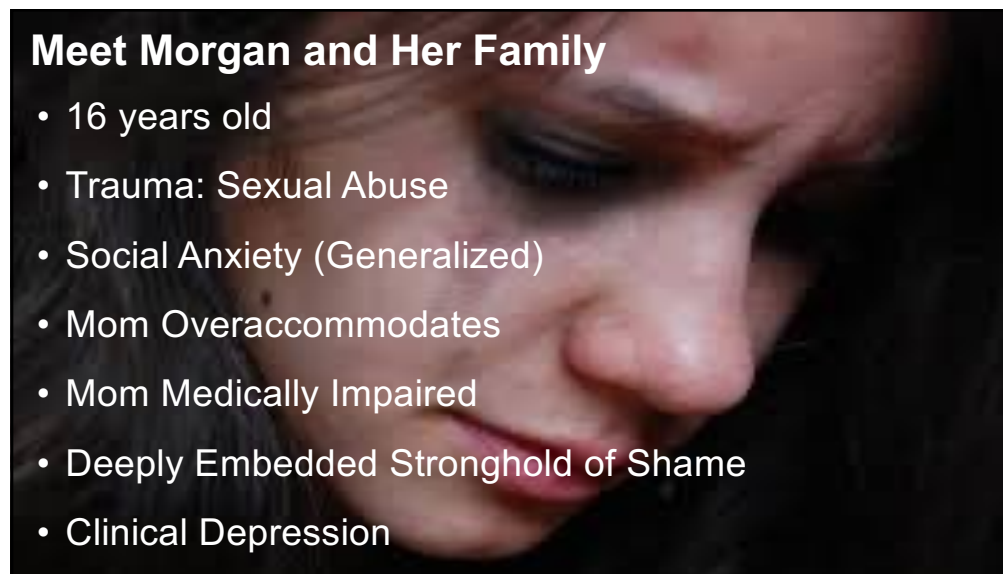
1. Why treating child anxiety individually without FST (family systems trauma) can lead to relapse?
2. How parents fuel or enable their child's anxiety through "overaccommodation"?
3. Tools to stop "overaccommodation"
4. How to identify and treat the underlying causes for anxiety through FST "undercurrents" "feedback loops", "strongholds", and "playbooks"




6



7



8



**#1-Why treating child anxiety individually without FST (family systems trauma) can lead to relapse?**

**Both/And not Either/Or**

9

**Anxiety travels in families**

More than half (50%) of children who live with an anxious parent

End up meeting the criteria for an anxiety disorder themselves.



10






Anxiety is not something to stop.

We need it to respond to stress and uncertainty.

Yet, parents today are often doing the opposite.

**Insulating** children from distress and discomfort **entirely when there is no eminent danger.**

11



Cognitive Behavioral Therapy (CBT) works:

After a 12-week course, 60% of children with anxiety disorders were “*very much improved*” or “*much improved*”


12



But it wasn't  
a *permanent* cure

**The initial 60% positive  
CBT outcomes tended  
to fade over time**

13

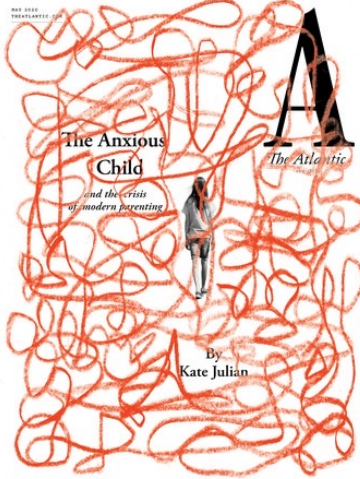


**WHY?**

CBT focused on child's  
role in their anxiety  
disorder

*But neglected*  
the parents' responses  
to that anxiety  
[underline added]

14



Even when the parent(s) participated in the therapy,

The emphasis remained on what the child was doing not the parent.

Source: May 2020 The Atlantic

15




**#2-How parents fuel or enable child anxiety**

**“Overaccommodation”**

16





## Overaccommodation Definition

Parents change their **behavior and/or lifestyle** to help their child avoid or lessen their feelings of anxiety *when there is no eminent present danger.*

This **prevents anxiety coping skills** from developing.

**Two Types:**

- #1- Participation Overaccommodation**
- #2- Modification Overaccommodation**

17



## Participation (Behavior) Overaccommodation

*Parent changes their behavior to actively participate in helping their child avoid or reduce their anxiety.*

- Parent turns off lights on and off three times because child is compulsive (**I will actively help you maintain OCD**)
- Parents don't drive past tall buildings because child has megalophobia (**I will enable this phobia**)
- Parents always order for their child at dinner because child will not answer the waiter (**I will actively help maintain social anxiety**)

18



## Modification (Lifestyle) Overaccommodation


Parents change their lifestyle or daily life to *actively* help their child avoid or reduce their anxiety.

- Stops inviting guests to the house when child is home because of social anxiety (**change our social lifestyle**)
- Parents stop going out on dates because of their child's separation anxiety (**change dating lifestyle**)
- Siblings required to walk on tippy toes around their brother's room because he doesn't like noise. (**change the siblings lifestyle**)

19

## First Step: Trauma-Informed (Education)

- (1) "See" Anxiety from FST| Family Systems Trauma Lens
- (2) "See and Understand" the Overaccommodation Dance



20

## **Second Step: Trauma-Responsive (Application)**

- (3) FST Cognitive Strongholds
- (4) FST Undercurrents Feedback Loops
- (5) FST Trauma Playbooks



familytrauma.com

21

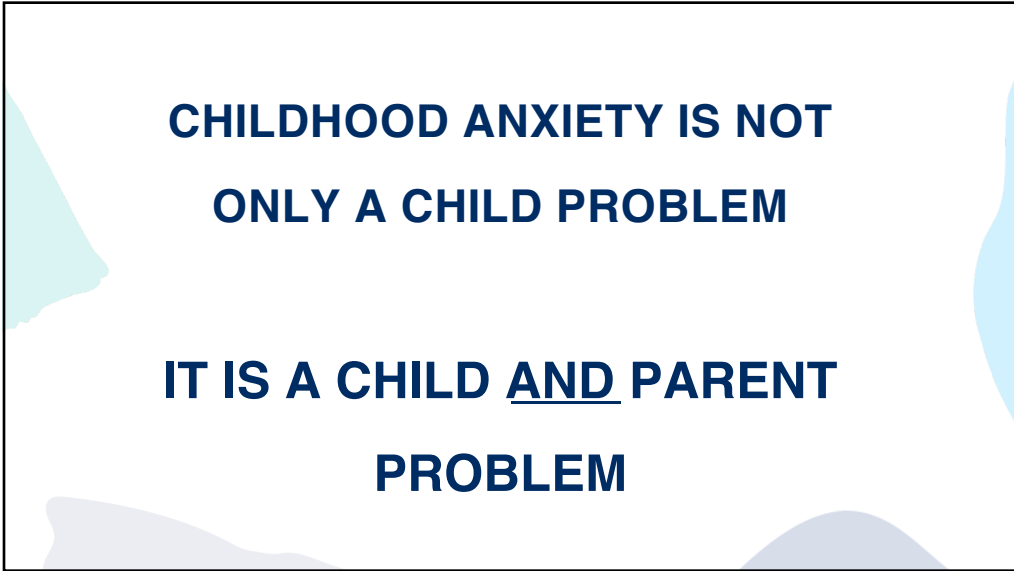
## **First Step: Trauma-Informed (Education)**

- (1) “See” Anxiety from FST| Family Systems Trauma Lens
- (2) “See and Understand” the Overaccommodation Dance



familytrauma.com

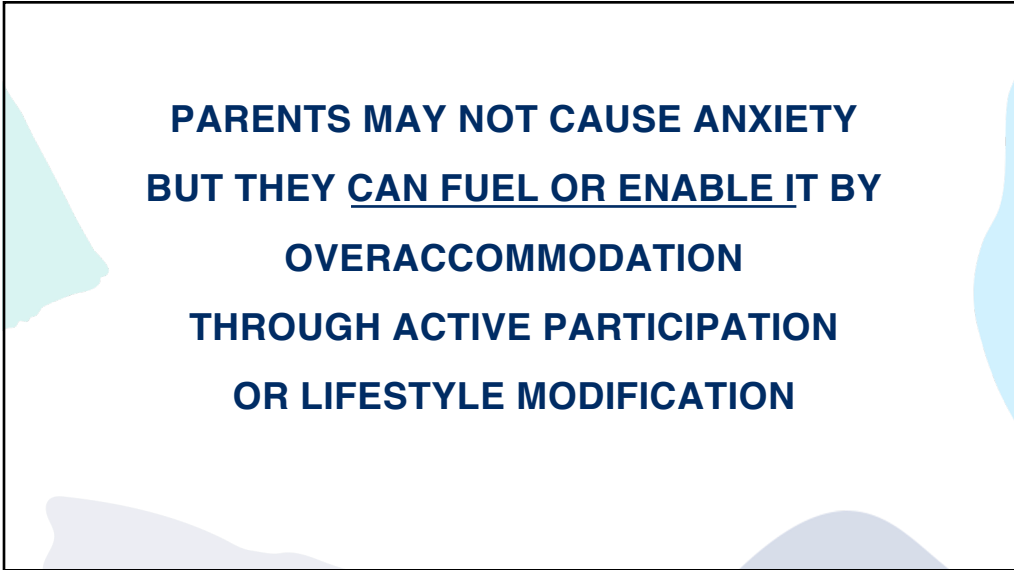
22



**CHILDHOOD ANXIETY IS NOT  
ONLY A CHILD PROBLEM**

**IT IS A CHILD AND PARENT  
PROBLEM**

23



**PARENTS MAY NOT CAUSE ANXIETY  
BUT THEY CAN FUEL OR ENABLE IT BY  
OVERACCOMMODATION  
THROUGH ACTIVE PARTICIPATION  
OR LIFESTYLE MODIFICATION**

24



25

Types of Anxiety Disorders and Family Overaccommodation			
Child Anxiety Problem	Symptom Example	Family Overaccommodations	Active Participation or Lifestyle/Daily Life Accommodations
Separation Anxiety	Child afraid to be alone at night	Mom lies with child every night until they fall asleep or allowed to sleep with parents. It's her choice.	Active Participation.
Child Anxiety Problem	Symptom Example	Family Overaccommodations	Active Participation or Lifestyle/Daily Life Accommodations
Social Anxiety	Child afraid to meet new friends or talk to them	Siblings required to play with sister anytime she asks and cancel plans	Lifestyle/Daily Life And Active Participation

26

## Types of Anxiety Disorders and Family Overaccommodation

Child Anxiety Problem	Symptom Example	Family Overaccommodations	Active Participation or Lifestyle/Daily Life Accommodations
Generalized Anxiety	Child is constantly worried that parents will die at work	Both parents will text child when they get to work and every hour while at work	Active Participation
Child Anxiety Problem	Symptom Example	Family Overaccommodations	Active Participation or Lifestyle/Daily Life Accommodations
Obsessive-Compulsive	Child afraid not clean enough after pooping and keeps using toilet paper	Mom buys \$150 dollars in toilet paper each month and pays Plummer to unclog pipes	Active Participation

27

## FST FEEDBACK LOOP: THE OVERACCOMMODATION DANCE

### Active Participation by Mom and Chris

Symptoms: Social Anxiety with Aggression



**Family Trauma Institute**  
TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS

28



## Why FST with Anxiety Disorders?

### Current Anxiety Treatment

**Rarely includes active participation of parents, siblings, or extended family to change the “overaccommodation dance”**

29

### A Key Point

Parents will Sacrifice Short Term  
Anxiety Pain Relief  
For Long Term Anxiety Coping Skills  
(it will not happen by Osmosis)

Family Trauma Institute  
TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS

30



**#4- Tools to stop  
“overaccommodation”**


**#5-How to identify and treat  
the underlying causes of  
anxiety through:**


- FST Undercurrents**
- FST Feedback Loops**
- FST Strongholds, and**
- FST Playbooks**

31

**Second Step:  
Trauma-Responsive (Application)**

- (3) FST Cognitive Strongholds**
- (4) FST Undercurrents Feedback Loops**
- (5) FST Trauma Playbooks**



 familytrauma.com

32

34

## 17

## Meet Morgan and Her Family

- 16 years old
- Trauma: Sexual Abuse
- Social Anxiety (Generalized)
- Mom Overaccommodates
- Mom Medically Impaired
- Deeply Embedded Stronghold of Shame
- Clinical Depression

35

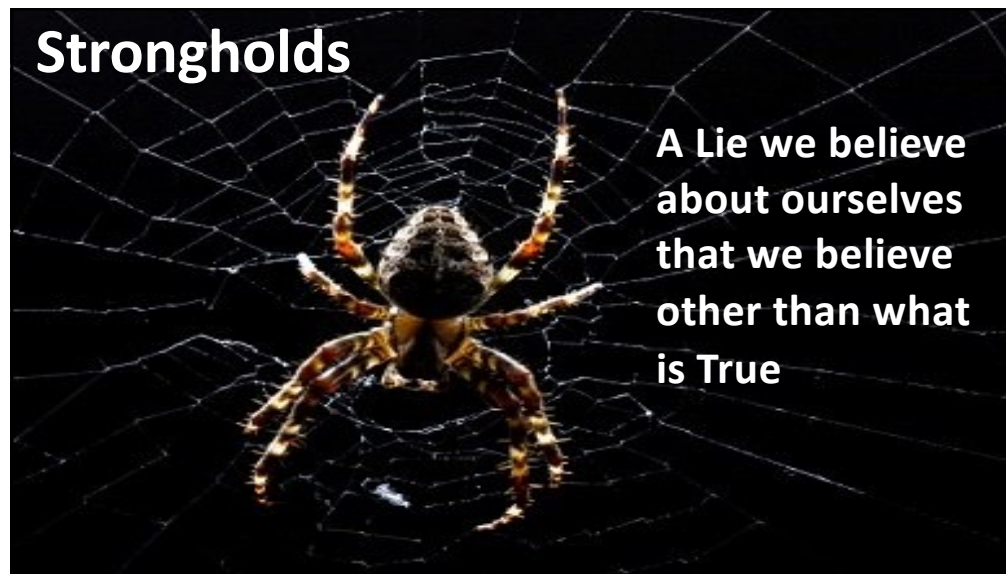
## Types of Anxieties and Family Overaccommodation

MOM's Anxiety Problem	Symptom Example	Morgan Overaccommodation	Active Participation or Lifestyle/Daily Life Accommodations
Separation Anxiety	Afraid to Let Morgan Out of Her Sight	She distracts Mom's pain by daily fighting and showing her daily depression and lack of confidence.	Lifestyle/Daily Life
Morgan's Anxiety Problem	Symptom Example	Family Overaccommodations	Active Participation or Lifestyle/Daily Life Accommodations
Generalized and Social Anxiety	Morgan afraid to go out of house or meet new people and depressed	Mom will not leave the house (medical) but also because must watch Morgan	Active Participation Lifestyle/Daily Life

36

**Two Main Causes**  
**Overaccommodation Dance**  
**#1- FST Strongholds (mind)**  
**#2- FST Undercurrents**  
**(interactional systems**  
**dance- body)**

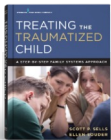
37



38



39



## 7

### Phase II: Wound Work Introduction

- Step 1:** Safety Planning
- Step 2:** Window of Tolerance and Self-Regulation Tools
- Step 3:** Neuroplasticity and Proper Nutrition
- Step 4:** Informed Consent
- Step 5:** Review Highlights of Phase I
- Step 6:** Reveal Wound Undercurrents
- Step 7:** Show Feedback Loops With Sample Playback
- Step 8:** Wound Story if Needed With Self-Regulation Tools
- Step 9:** Homework Assignments

7 Phase II: Wound Work Introduction 267

**Telling the Wound Story Experientially**

Another way the family can retell the wound story is by using an experiential technique called "arrow in the heart" strategy. This strategy was developed by Rajon Morrison (personal communication, January 10, 2017) and helps family members connect their wound story to what are called "strongholds." These are core cognitive distortions or lies that the child or other family members believe about themselves that can be directly traced back to the traumatic event, wound, or arrow in the heart. These cognitive distortions can be integrated within an already undercurrent interactional framework to provide an excellent anchor point for PST treatment.

The "arrow in the heart" strategy technique uses the prop of an arrow that can be purchased at an archery or sporting goods store. For safety reasons, the steel tip should be removed. According to Morrison (2017), the arrow represents the wound or traumatic event that is plunged into the heart of a person. The arrow is both mentally and spiritually charged. Mentally, the arrow metaphorically contains within it poisonous strongholds (see Figure 7.6, shame, performance, blame, or approval addiction) that if not removed and dispelled as lies, will eventually lead to serious problem symptoms (e.g., chronic depression, substance abuse, self-harm, anxiety disorder). In addition, these strongholds cause spiritual pain. The arrow can kill the heart of a person and damage the spirit. As a result, the wounds caused by the arrow create a war between the heart (stronghold) and the heart (spirit).

To convey these powerful messages and make sharing safe, it is recommended that the PST therapist begin by using self-disclosure. He or she shares about a time he or she was wounded (see the following case example). As the therapist talks about the wound, he or she picks up the arrow and physically puts it into his or her own heart. The therapist can even write the actual stronghold wounds ("I am damaged," "I do not deserve to be loved," "I cannot change," etc.) on small yellow Post-it notes and stick them right on the arrow itself or use Figure 7.6 as a handout.

Strongholds	Core Beliefs	Negative consequences or problem symptoms
SHAME	<ul style="list-style-type: none"> <li>• "I am damaged"</li> <li>• "I am not good enough"</li> <li>• "I am defective"</li> <li>• "I am what you and others think"</li> <li>• "I am always the loser"</li> </ul>	<ul style="list-style-type: none"> <li>• Fear of love and acceptance</li> <li>• Chronic withdrawal</li> <li>• Chronic self-harm</li> <li>• Chronic self-blame</li> <li>• Chronic self-pity</li> </ul>
PERFORMANCE TRAP	<ul style="list-style-type: none"> <li>• "My value and worth depend on what others think of me"</li> <li>• "I must do it my way"</li> <li>• "I must do it my way"</li> <li>• "I must do it my way"</li> <li>• "I must do it my way"</li> </ul>	<ul style="list-style-type: none"> <li>• Chronic self-harm</li> <li>• Chronic self-blame</li> <li>• Chronic self-pity</li> <li>• Chronic self-hatred</li> <li>• Chronic self-loathing</li> </ul>
BLAME GAME	<ul style="list-style-type: none"> <li>• "It is everyone else's fault when things go wrong"</li> <li>• "It is everyone else's fault when things go wrong"</li> <li>• "It is everyone else's fault when things go wrong"</li> <li>• "It is everyone else's fault when things go wrong"</li> </ul>	<ul style="list-style-type: none"> <li>• Fear of abandonment</li> <li>• Chronic self-harm</li> <li>• Chronic self-blame</li> <li>• Chronic self-pity</li> <li>• Chronic self-hatred</li> </ul>
APPROVAL ADDICTION	<ul style="list-style-type: none"> <li>• "I must be approved by others to feel good about myself"</li> <li>• "I must be approved by others to feel good about myself"</li> <li>• "I must be approved by others to feel good about myself"</li> <li>• "I must be approved by others to feel good about myself"</li> </ul>	<ul style="list-style-type: none"> <li>• Fear of rejection &amp; abandonment</li> <li>• Chronic self-harm</li> <li>• Chronic self-blame</li> <li>• Chronic self-pity</li> <li>• Chronic self-hatred</li> </ul>

Figure 7.6 Strongholds handout. (continued)

40



Strongholds	Core False Beliefs	Problem Symptoms
SHAME	<ul style="list-style-type: none"> <li>• "I am damaged"</li> <li>• "I will never be good enough"</li> <li>• "I am worthless"</li> <li>• "I am what I am and cannot change"</li> <li>• "I do not deserve to be loved"</li> </ul>	<ul style="list-style-type: none"> <li>✓ Worried/Anxious Mind</li> <li>✓ Unworthiness</li> <li>✓ Depression</li> <li>✓ Hopelessness</li> <li>✓ Self-Sabotage</li> <li>✓ Despising Appearance</li> </ul>

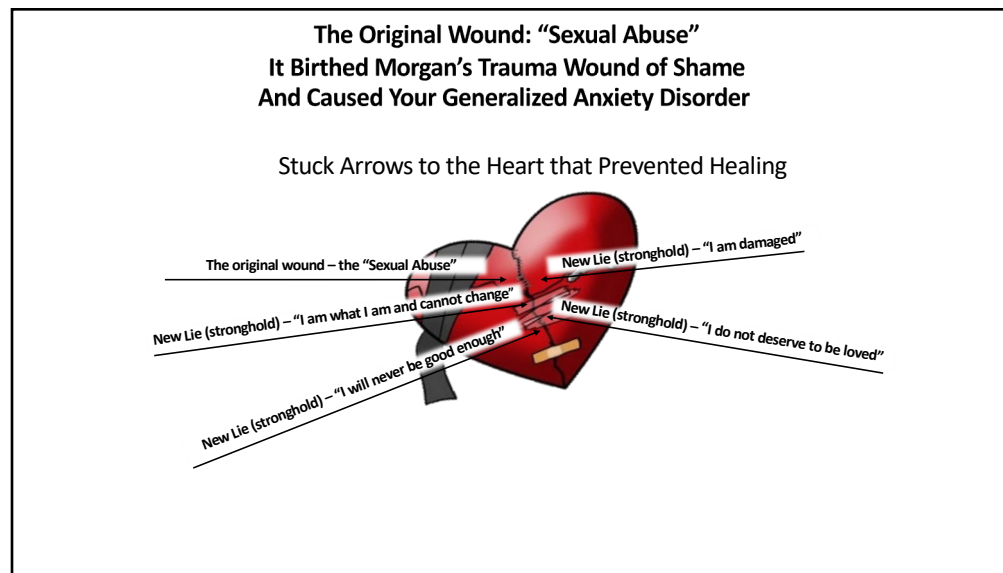
41

Strongholds	Core False Beliefs	Negative Consequences or Problem Symptoms
PERFORMANCE TRAP	<ul style="list-style-type: none"> <li>• "My Value and worth depend on what I do and my performance"</li> <li>• "I must do it all myself, I am alone"</li> <li>• "I am what I do"</li> <li>• "I have to do more and more to feel good"</li> </ul>	<ul style="list-style-type: none"> <li>• Fear of Failure</li> <li>• Workaholism</li> <li>• Angry</li> <li>• Controlling</li> <li>• High Risk for Anxiety, Constant Worry</li> <li>• Eating Disorders</li> <li>• Substance Abuse</li> </ul>
BLAME GAME	<ul style="list-style-type: none"> <li>• "It is every else's fault when things go wrong"</li> <li>• "Those who fail deserve to be punished or unloved"</li> <li>• "The world is an unsafe place"</li> <li>• "I must hurt others before they can hurt me first"</li> </ul>	<ul style="list-style-type: none"> <li>• Fear of Punishment</li> <li>• Problems with authority or oppositional defiance</li> <li>• Pride and narcissism</li> <li>• Perfectionism</li> <li>• Black and White Thinking</li> <li>• Difficulty with Responsibility</li> </ul>
APPROVAL ADDICTION	<ul style="list-style-type: none"> <li>• "I must be accepted by others to feel good about myself"</li> <li>• "I have to please others at any cost"</li> <li>• "I need to rescue others"</li> <li>• "I need to be needed"</li> </ul>	<ul style="list-style-type: none"> <li>• Fear of Rejection &amp; Abandonment</li> <li>• Codependency</li> <li>• Overly sensitive to criticism</li> <li>• Withdrawal from others to avoid disapproval</li> <li>• Depression</li> </ul>

42

Strongholds	Core False Beliefs	Problem Symptoms
SHAME	<ul style="list-style-type: none"> <li>• “I am damaged”</li> <li>• “I will never be good enough”</li> <li>• “I am worthless”</li> <li>• “I am what I am and cannot change”</li> <li>• “I do not deserve to be loved”</li> </ul>	<ul style="list-style-type: none"> <li>✓ <b>Worried/Anxious Mind</b></li> <li>✓ <b>Unworthiness</b></li> <li>✓ <b>Depression</b></li> <li>✓ <b>Hopelessness</b></li> <li>✓ <b>Self-Sabotage</b></li> <li>✓ <b>Despising Appearance</b></li> </ul>

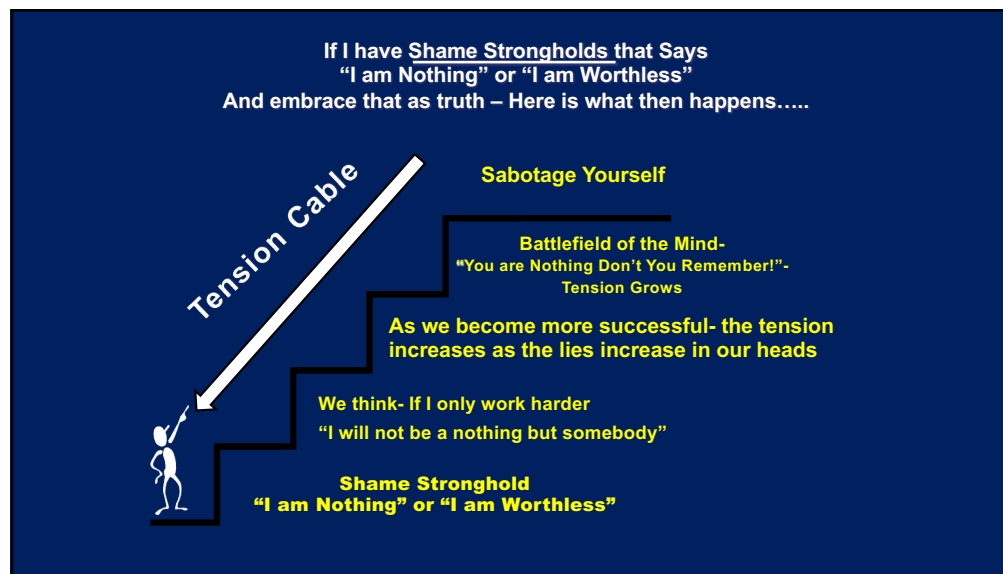
43



44

Types of Anxieties and Family Overaccommodation			
MOM's Anxiety Problem	Symptom Example	Morgan Overaccommodation	Active Participation or Lifestyle/Daily Life Accommodations
Separation Anxiety	Afraid to Let Morgan Out of Her Sight <b>Worried/Anxious Mind</b>	She distracts Mom's pain by daily fighting and showing her daily depression and lack of confidence.	Lifestyle/Daily Life
Morgan's Anxiety Problem	Symptom Example	Family Overaccommodations	Active Participation or Lifestyle/Daily Life Accommodations
Generalized and Social Anxiety	Morgan afraid to go out of house or meet new people and depressed <b>Depression, Hopeless</b>	Mom will not leave the house (medical) but also because must watch Morgan	Active Participation Lifestyle/Daily Life

45

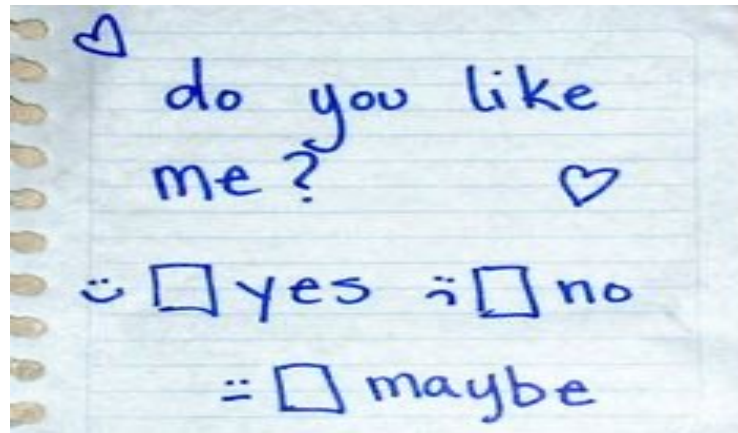


46

# Self-Disclosure of My Own Wound or Trauma Story

47

It All Started With a Simple Note Passed on the Bus



48

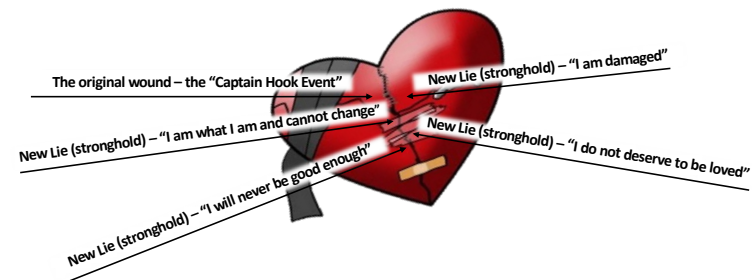
## I Was Called “Captain Hook”- Birthing of A Stronghold



49

### The Original Wound: “The Captain Hook Event” It Birthed My Trauma Wound of Shame

Stuck Arrows to the Heart that Prevented Healing

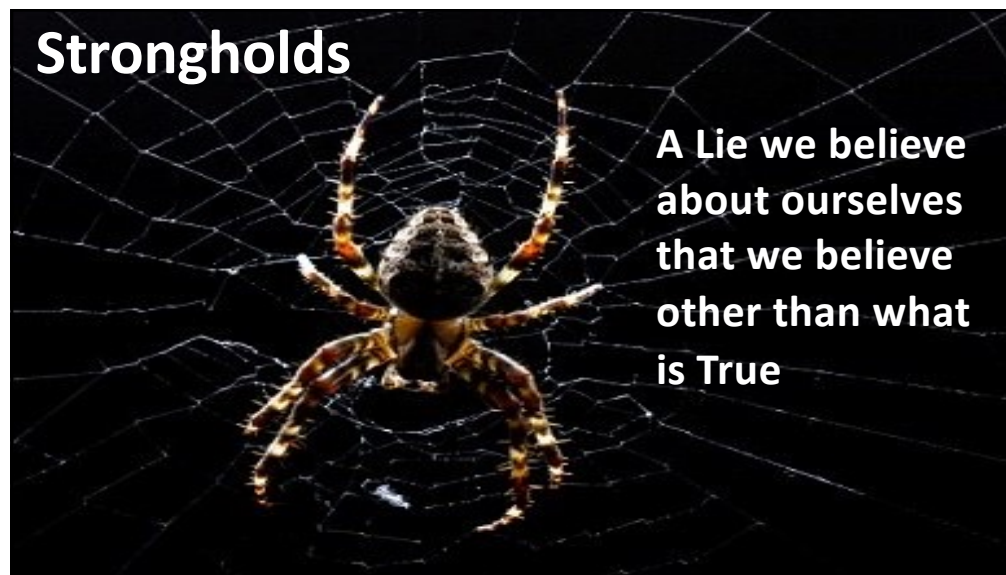


“Externalizing the Problem”

50

Strongholds	Core False Beliefs	Problem Symptoms
SHAME	<ul style="list-style-type: none"> <li>• "I am damaged"</li> <li>• "I will never be good enough"</li> <li>• "I am <u>worthless</u>"</li> <li>• "I am what I am and <u>cannot change</u>"</li> <li>• "I <u>do not</u> deserve to be loved"</li> </ul>	<ul style="list-style-type: none"> <li>✓ Worried/Anxious Mind</li> <li>✓ Unworthiness</li> <li>✓ Depression</li> <li>✓ Hopelessness</li> <li>✓ Self-Sabotage</li> <li>✓ Despising Appearance</li> </ul>

51



52



## Second Step: Trauma-Responsive (Application)

(3) FST Cognitive Strongholds

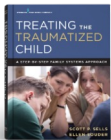
(4) FST Undercurrents Feedback Loops

(5) FST Trauma Playbooks



familytrauma.com

53



# 6

## Pre-Session Preparation For Phase II

- Step 1:** Select Top Two or Three Undercurrents Causing Toxic Seed and Problem Symptoms
- Step 2:** Select Sample Strategic Directives and Playbooks
- Step 3:** Draw "Before" and "After" Feedback Loops
- Step 4:** Create Customized Homework Lead Sheet
- Step 5:** Ensure Key Villagers Will Be Present

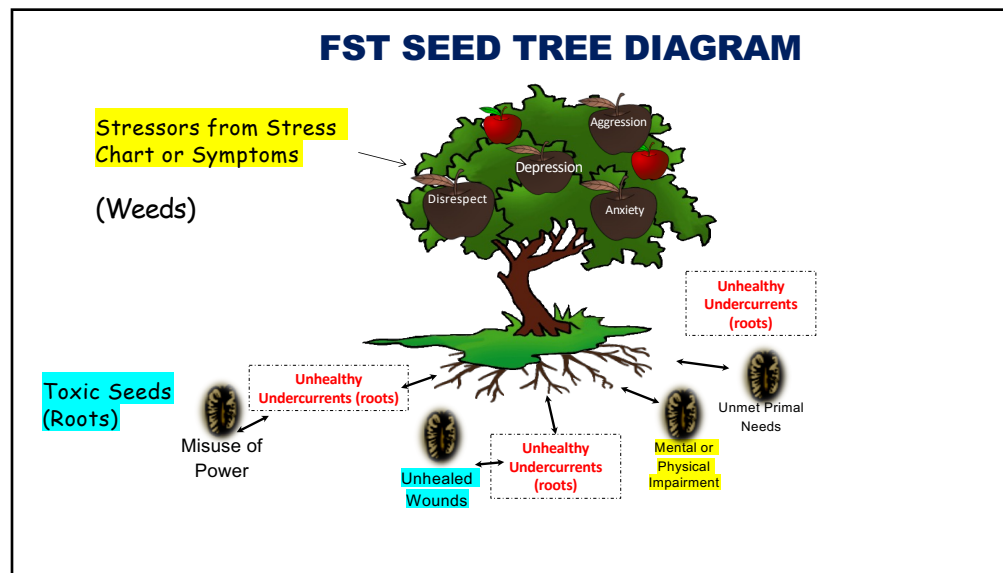
6 Pre-Session Preparation For Phase II
167

In this way, a "contemplative family system" from Phase II is now poised to move into a stage of preparation in Phase III (i.e., we create a playbook and conduct as many dress rehearsals and troubleshooting activities as needed to master our delivery). From there, the family can move into the stage of action in Phase IV (we implement the playbook to actively change the child's or adolescent's problem symptom and heal the unresolved trauma). The spark that lights the fuse to move the family along Prochaska's stages of readiness for change is the feedback loops and sample wound playbook.

**STEP 3: DRAW BEFORE AND AFTER FEEDBACK LOOPS**

After the sample playbook is selected or modified, it is time to sketch or pre-draw both the "before" feedback loop identified in Step 1 (the unhealthy undercurrents) and the "after" feedback loop (healthy undercurrent counterparts) in Step 2. The "after" feedback loop should also illustrate the techniques (hugs, body checks, prayer, etc.) or strategic directives used within the therapist's sample wound playbook. Both the "before" and "after" feedback loops are like an artist's painting of how the family dances together around the identified child's problem symptom(s). The "before" and "after" feedback loops should be hung on the wall side by side like portraits in a museum to tell a visual story of the present and what the future holds if healthy undercurrents are deployed using wound playbooks. These pre-drawn feedback loops also act like cliff notes for the FST therapist. They visually summarize treatment up to this point and literally help the therapist connect the dots to focus his or her tactical thinking.

54



55

## Knowing Where to Tap: FST Undercurrents

Mental or Physical Impairment Seeds	
Unhealthy Undercurrents	"Missing" Healthy Undercurrents
<input checked="" type="checkbox"/> Drawn out Illness (Anxiety)	Education, Support, Stress Mgt.
<input checked="" type="checkbox"/> Patient or Mental Case	Normality, Not a Mentally Ill Patient
<input type="checkbox"/> Chemical Imbalance	Psychotropic Medication
<input type="checkbox"/> Mental or Brain Impairment	Structure, Support, Education
<input type="checkbox"/> Lack of Forgiveness/Resentment	Forgiveness
<input type="checkbox"/> Lack of Consistent Nurturance	Show Consistent Nurturance

56

### Morgan's Problem Symptoms and Connected Undercurrents

Mental or Physical Impairment		
Problem Symptom(s) in Question	Unhealthy Undercurrents Causing Morgan's Problems [BEFORE FEEDBACK LOOP]	Healthy Undercurrents Needed to Heal [AFTER FEEDBACK] (Antibiotic or Z-Pak)
Depression	<input checked="" type="checkbox"/> Drawn out Medical Illness	Support & Stress Management
Anxiety (with self-harm)	<input checked="" type="checkbox"/> Seen as Patient/Mental Case	Normality
Lack of Nurturance		

57

### BEFORE FEEDBACK LOOP: The OVERACCOMMODATION DANCE

#### Symptom: Depression and Generalized Anxiety

Unhealthy Undercurrents:

Seen as fragile a patient

"SHAME  
STRONGHOLD  
KICKS IN"  
"I do not deserve  
to be loved" "I am  
damaged"

Unhealthy  
Undercurrent:  
Drawn out  
problem- no  
resolution in sight

#6- I just feel more and more frustrated need to medicate my pain with a Big Mac

#4 "Mom is just so focused on me ready to burst won't trust me I am going to burst"

#2 "I know I should be over this pain but I am frozen and why do I keep picking the wrong guy?"

#1 "Morgan is all I think about I am racked with guilt"

#3 "I have to get more of my own life but I just have to watch her like a hawk"

#5- Here comes the disrespect or argument. I am losing my baby emotionally. I don't know what to do. But the more I push the more she gets distant

Chris

#7 I guess I have to play peacemaker again. Not sure how long I can take it

Unhealthy Undercurrents:

No Normality or Healthy Anxiety Coping Skills

Morgan

Mom

Impairment

58

**Morgan's Problem Symptoms and Connected Undercurrents**


<b>Mental or Physical Impairment</b>		
<b>Problem Symptom(s) in Question</b>	<b>Unhealthy Undercurrents Causing Morgan's Problems [BEFORE FEEDBACK LOOP]</b>	<b>Healthy Undercurrents Needed to Heal [AFTER FEEDBACK] (Antibiotic or Z-Pak)</b>
Depression	<input checked="" type="checkbox"/> <b>Drawn out Medical Illness</b>	<b>Support &amp; Stress Management</b>
Anxiety (with self-harm)	<input checked="" type="checkbox"/> <b>Seen as Patient/Mental Case</b>	<b>Normality</b>
Lack of Nurturance		

**Family Trauma Institute**  
TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS

59

**Second Step:  
Trauma-Responsive (Application)**

- (3) FST Cognitive Strongholds
- (4) FST Undercurrents Feedback Loops
- (5) **FST Trauma Playbooks**

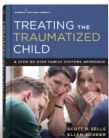
 familytrauma.com

60

# The FST Trauma Playbook



61




**8**

Pre-Session Preparation for Phase III

**Step 1:** Create Own List of Strategic Directive Strategies

**Step 2:** Create Customized Playbooks for the Family



**RECOMMENDED TECHNIQUES TO HEAL THE PHYSICAL OR MENTAL IMPAIRMENT SEED**

**TABLE 8.10** Sample Strategic Directives for Mental or Physical Impairment

Unhealthy Undercurrents	Healthy Undercurrents	Techniques to Inject Healthy Undercurrent
Drawn-out medical illness	Education, support, stress management	<input type="checkbox"/> Our Stress Management Plan <input type="checkbox"/> Education/Resource Plan <input type="checkbox"/> The Creative Outlet
Someone seen as patient/mental case	Normality and accountability	<input type="checkbox"/> My Health & Wellness Agreement <input type="checkbox"/> Family Support Plan <input type="checkbox"/> The Super Nanny video clip <input type="checkbox"/> The Miracle Worker movie clip
Chemical imbalance	Psychotropic medications	<input type="checkbox"/> Medication Compliance Plan <input type="checkbox"/> Medical Evaluation Plan <input type="checkbox"/> Village Support Plan
Brain or mental impairment	Consistent structure, education, support	<input type="checkbox"/> Daily Hygiene Plan <input type="checkbox"/> Self-Care Plan <input type="checkbox"/> Education/Resource Plan
Lack of forgiveness/resentment	Forgiveness	<input type="checkbox"/> Memory Board of Appreciation <input type="checkbox"/> The "Apology"—Healing the Family Heart <input type="checkbox"/> The Empty Chair <input type="checkbox"/> The Horse Whisperer movie clip
Lack of consistent nurturance	Unconditional love, consistency nurturance	<input type="checkbox"/> The Hug Prescription <input type="checkbox"/> Random Acts of Kindness <input type="checkbox"/> 30-Day Nurturing Campaign <input type="checkbox"/> Cops and Self-Worth

62

### Techniques to Heal Mental or Physical Impairment to Fill in the Missing Healthy Undercurrents *Chapter 8 – Buffett Recipe Menu*

Unhealthy Undercurrents	Healthy Undercurrents	Techniques to Inject Healthy Undercurrent
Drawn out Medical Illness	Support and Stress Management	<input checked="" type="checkbox"/> <b>Support Plan</b> <input type="checkbox"/> Mobilizing the Extended Family <input type="checkbox"/> Creative Outlets <input type="checkbox"/> Stress Management
Drawn out Medical Illness	Normality	<input checked="" type="checkbox"/> <b>Volunteer Work Helping Others</b> <input type="checkbox"/> Memory Board of Appreciation <input type="checkbox"/> <i>Antwone Fisher</i> Movie Clip <input type="checkbox"/> Family Sculpture - <i>Enactment</i>

63

### FST Trauma Playbook

#### Who:

List the names of everyone who is involved with executing this intervention. Include when applicable, extended family members or other outside villagers

- Caregiver
- Children
- Extended Family
- Villagers (e.g., friends, neighbors, school counselors, local organizations, etc.)

#### What:

List what the intervention selected is (the name of it)

- Name of Intervention

#### When:

- TBD (To be Determined) or
- Date and Day of the Week
- Time or Times

#### Where:

- TBD (To be Determined) or
- Specific location (home, at grandparents' house, outside home, etc.)

64



An Rx prescription  
to inject the missing  
healthy undercurrents *and*  
*change the Anxiety dance*  
*between parent and child*

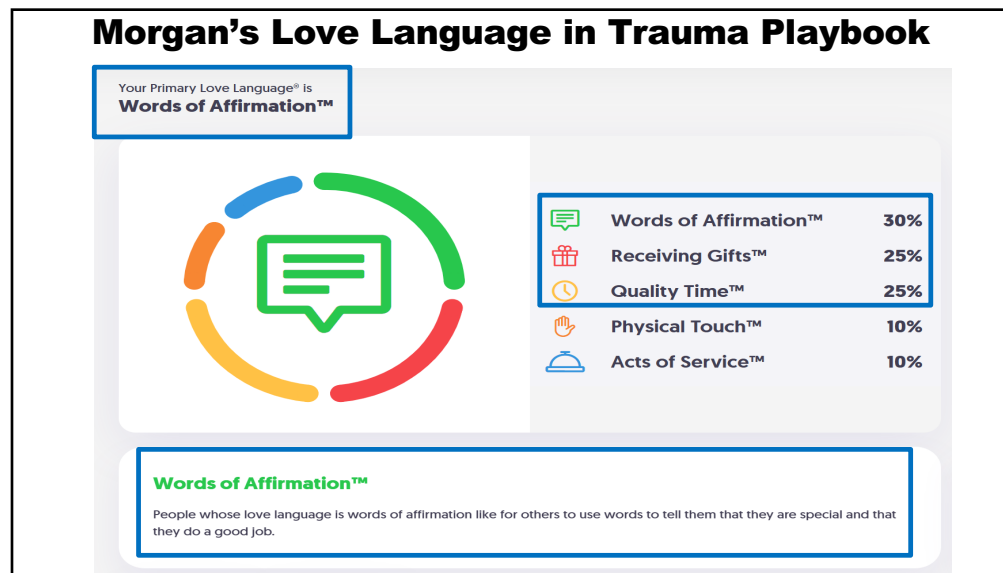
65

The screenshot shows the homepage of the 5love Languages website. At the top, there is a navigation bar with links for Learn, Quizzes, Resources, Events, and Store. On the right side of the navigation bar are links for Login and a shopping cart icon. Below the navigation bar is a cookie consent banner that reads: "We require cookies for basic functionality, and to analyze website traffic. [Learn More](#)" with an OK button.

The main content area features a large purple box on the left titled "The Love Language® Quiz" with the subtitle "For couples, singles, teens, and children." Below this, it says: "Take this quiz to discover your primary love language, what it means, and how you can use it to better connect with your loved ones." There is a red "Start" button. Below the button, a note states: "You may print, share, or save your results for future reference - they will not be saved automatically." To the right of the text is a circular profile picture of a man with glasses and a beard.

To the right of the purple box is a grid of six small images showing various people in different settings: a couple, two women, a man and a child, a family, a couple, and a man and a woman.

66




67

### Techniques to Heal Mental or Physical Impairment to Fill in the Missing Healthy Undercurrents *Chapter 8 – Buffett Recipe Menu*

Unhealthy Undercurrents	Healthy Undercurrents	Techniques to Inject Healthy Undercurrent
Drawn out Medical Illness	Support and Stress Management	<input checked="" type="checkbox"/> <b>Support Plan</b> <input type="checkbox"/> Mobilizing the Extended Family <input type="checkbox"/> Creative Outlets <input type="checkbox"/> Stress Management
Drawn out Medical Illness	Normality	<input checked="" type="checkbox"/> <b>Volunteer Work Helping Others</b> <input type="checkbox"/> Memory Board of Appreciation <input type="checkbox"/> <i>Antwone Fisher</i> Movie Clip <input type="checkbox"/> Family Sculpture - <i>Enactment</i>

68

Sample "Helping Others"  
Trauma Playbook (antibiotic)  
to fill in Missing Healthy Undercurrent



**When We Help Others, We Help Ourselves**

Morgan, people who have hurt you mentally or physically tried to put arrows in your heart permanently and cast you with a new stronghold, making you feel at times like, "I am all alone", "I am damaged", and "I do not deserve to be loved". And many of the seniors have the same arrows of "Shame" ---- By you having the courage and sacrifice to help pull out their arrows, your arrows will come out as well.

**Who:**  
*List the names of everyone who is involved with this intervention. Include when applicable, extended family members or outside villagers*

- Morgan
- Rochelle – Volunteer Coordinator at Nursing Home
- The Seniors Who Have the "Shame" Stronghold and Need You Before They Die

**What:**  
*List what intervention is selected (the name of it)*

- Volunteer at least 1 x per week and when ready, "Adopt a Heart" of one of the Seniors

69

Sample "Helping Others"  
Trauma Playbook (antibiotic)  
to fill in Missing Healthy Undercurrent



**When We Help Others, We Help Ourselves**

**When:**  
*Details of when the intervention will take place. Specificity is a must. List the actual date, day(s) of the week, and time(s). If you do not know yet, list TBD (to be determined)*

- Date and Day of the Week - ?
- Time or Times - ?

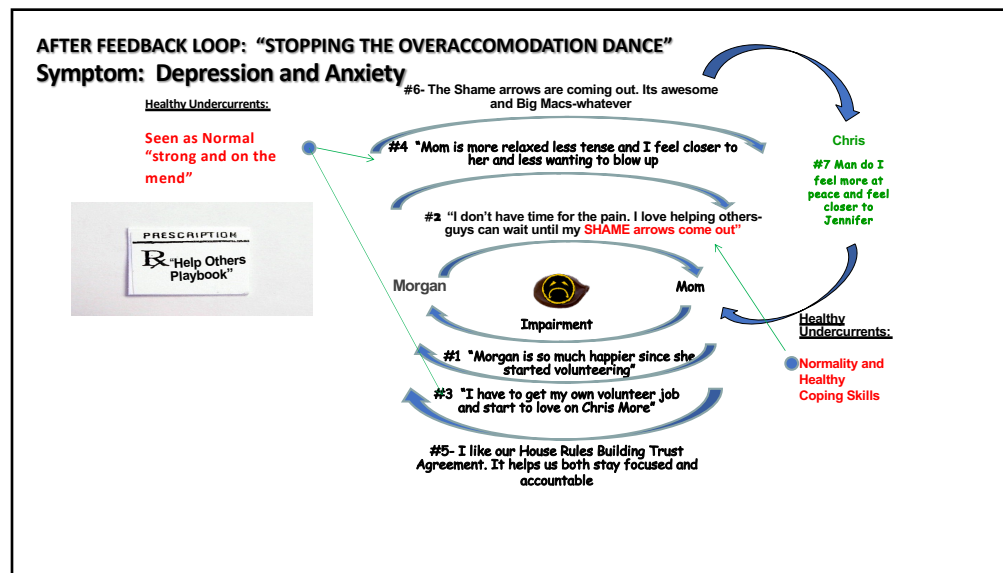
**Where:**  
*Details of where the intervention will take place (i.e., inside home, location outside the home, etc.). If you do not know yet, list TBD (to be determined)*

- Nursing Home

**How:**  
*Details of everyone's role and a brief description of what they will be doing or the steps to make the intervention work. Specificity is a must. List the names of each person involved and what they will be doing.*

- Morgan will call Rochelle on cell phone to set up interview and complete application
- Rochelle – the Volunteer Coordinator at Nursing Home
- Chris – Drive and Encourage
- Morgan's Friend Janet and Mom will listen to stories and encourage and support

70



71

## Morgan and Her Family

- Trauma: Sexual Abuse
- Social Anxiety- Playbook Gets Morgan Out of House
- Shame Attacked through the Volunteer Playbook –  
 More CONFIDENCE – NOT a Patient-Helps others

72

## Morgan and Her Family

- Mom Does Not Have to Lifestyle Overaccommodate
- Cognitive Stronghold of Shame Weaken
- One Small Change at a Time
- Interrupts Fight or Flight Dance

73

## Learning Objectives or Takeaways

1. Why treating child anxiety individually without FST (family systems trauma) can lead to relapse?
2. How parents fuel or enable their child's anxiety through "overaccommodation"?
3. Tools to stop "overaccommodation"
4. How to identify and treat the underlying causes for anxiety through FST "undercurrents" "feedback loops", "strongholds", and "playbooks"




74



75

**Trauma-Responsive (Application)**

- (3) FST Cognitive Strongholds
- (4) FST Undercurrents Feedback Loops
- (5) FST Trauma Playbooks

 familytrauma.com

76



## **Family System Trauma Model**


*A Step-by-Step Family Systems Trauma Approach*

77



**Next Step**  
**When You Want**  
**FST and**  
**Anxiety at a**  
**Deeper Level**

78



## Anxious Kids and Anxious Parents

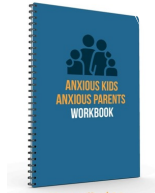
### 3 Hour Intensive On Demand

3.0 Continuing Education Units

Only \$99

Includes a Step-by-Step Workbook a \$29 value

To Register: [fstanxiety.com](https://fstanxiety.com)



Normally \$29  
But Included in Registration

79

## Anxious Kids and Anxious Parents: Family Trauma Solutions

Just fix my kid doesn't work when the child returns to the same unhealthy patterns.

fstanxiety.com

[Preview the Course Agenda](#)

**On-Demand Viewing**

\$99

Available Immediately

- ✓ 3 hours of continuing education from NBCC and ASWB
- ✓ Self-paced learning at your convenience with download of presentation slides
- ✓ Links to handouts to use with your own clients
- ✓ Learn to create trauma playbooks with real case examples from Dr. Scott Sells
- ✓ 30 day access to recording

[ENROLL NOW](#)



Normally \$29  
But Included in Registration

80



**Register Today:** And Receive  
 The FST Motivational Technique Chapter  
 From *Treating the Traumatized Child* **4**

The FST Motivational Phone Call

**Step 1:** Why Are Family Systems Trauma (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

81

**Dr. Scott Sells**  
 E-mail us direct at:  
**info@familytrauma.com**  
 familytrauma.com

82