

## Provider Notice

**To:** PerformCare Providers  
**From:** PerformCare  
**Date:** April 10, 2025  
**Subject:** AD 25 109: Trauma Training: Family Systems

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To continue sharing Trauma Informed Care resources with our provider network, PerformCare would like to share the Family Trauma Institute resource. The Family Trauma Institute, founded by Dr. Scott Sells in 2018, uses tools and techniques from the Family Systems Trauma (FST) Model also founded by Dr. Sells. FST is part of the evidence-based Family Treatment Model: Parenting with Love and Limits (PLL) <https://familytrauma.com/about-fti/>. Treating trauma within the family system is the mission of Dr. Sells and the Family Trauma Institute.

Dr. Sells offers free, live, hour-long monthly webinars (no CEU's) that are specific to various trauma issues impacting families and treatment within the family system. You will find the schedule for the remainder of 2025 monthly webinars via this link: <https://familytrauma.com/fst-overview/> through which you can register for webinars of interest. Webinars are interactive and often include recordings of family therapy sessions conducted by Dr. Sells.

In addition to free live monthly webinars, Dr. Sells offers 3 pre-recorded webinars with 3 hours each of CEU's (NBCC and ASWB). The Available Courses are: "Stopping Extreme Disrespect;" "Anxious Kids and Anxious Parents;" and "Healing Child Suicidal Threats." Each course is currently \$99.00. If interested, access the on-demand webinars by enrolling via this link: <https://familytrauma.mykajabi.com/family-trauma-solutions-webinars>.

In addition to free monthly webinars and the 3 CEU opportunities, there are intensive training opportunities, as well as many resources you can access through the website to learn FST model techniques. PerformCare is hopeful that the resource of Family Trauma Institute will continue to add to the Trauma Informed Care toolkits of our provider network.

### References

Family Trauma Institute, (2021). *Training Mental Health Communities to Master Family Trauma Techniques*. Retrieved March 27, 2025 from <https://familytrauma.com/>