



FST Digital Advanced Training Course

12 FST Techniques to Become a Family Trauma Expert

Module # 8:
The FST Nutrition
Technique
Lesson 2

The FST Nutritional
Self- Assessment Worksheet

This worksheet will help you:

- ✓ Introduce the FST Self-Assessment Tool
- ✓ AND implement the FST Self-Assessment Tool

Lesson 2

FST Nutritional Self-Assessment

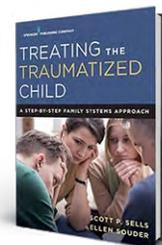
After your introductory transition statement and discussion of the pros and cons of proper nutrition, you will use the **FST Nutritional Self-Assessment Handout** to assess for proper nutrition. See Table 1: FST Nutritional Self-Assessment: The Basic Dietary Guidelines for Good Nutrition to Feed and Re-Wire Your Brain

The questions for this handout were adapted with permission from “Dr. Shannon’s Basic Dietary Guidelines for All Children” in the book *Parenting the Whole Child*.

Source: Shannon, S. M. (2014). *Parenting the Whole Child: A Holistic Child Psychiatrist Offers Practical Wisdom on Behavior, Brain Health, Nutrition, Exercise, Family Life, Peer Relationships, School Life, Trauma, Medication, and More*. New York, NY: W. W. Norton.

Action Steps

#1 – Read Chapter 7 (pgs. 189-191) of Your Resource Book for Additional Information



#2 – Handout Table #1 the Basic Dietary Guidelines for Good Nutrition to Feed and Re-Wire Your Brain

After the transition sentence is complete, it is time to pass out the handout (Table 1) and total up the scores around the six key ingredients for brain growth.

Table 1: The FST Self-Assessment: The Basic Dietary Guidelines for Good Nutrition to Feed and Re-Wire Your Brain

According to Dr. Scott Shannon’s research and book entitled: *Parenting the Whole Child*, there are six key ingredients to brain growth:

1. Water
2. Protein
3. Energy (fat and carbohydrates)
4. Vitamins (fat and water-soluble)
5. Minerals
6. Trace Elements

Therefore, on a scale of 1-5 (1 = not following each guideline at all; 5 = following each guideline almost 100% of the time) rate yourself on how well you are currently following each guideline. Make a list for your child first and then for yourself as the parent.

1. On a scale of 1-5 How well is your child hydrated? Do they drink 2-3 liters of water every day? Please note: even slight dehydration makes the effective absorption of all other nutrients much more difficult
2. On a scale of 1-5 Does your child eat enough protein? (E.g., do they eat at least two servings a day of chicken, fish, tofu, eggs, or meat?)
3. On a scale of 1-5 Does your child get an intake of good oils? (E.g., Do you use olive oil or canola oil? Do you use butter instead of margarine, and in moderation?)
4. On a scale of 1-5 Do you serve your child a minimum of two or three servings a week of fresh fish such as salmon, cod, or herring?
5. On a scale of 1-5 Do you serve your child a minimum of 2 servings of vegetables cooked or raw per day?
6. On a scale of 1-5 How often does your child eat a healthy breakfast to start their day of things like oatmeal, fruits, or eggs rather than sugary cereals or donuts?
7. On a scale of 1-5 How often does your child take a multivitamin?
8. On a scale of 1-5 How often does your child limit their intake of processed sugar each day? (E.g. candy, cakes, and even juices) Occasional treats are okay, but they shouldn't be part of a child's daily diet.

Scoring

8-16 = Poor diet, needs significant changes

17-24 = Average diet, needs some modifications

Above 25 = Good to Great Diet

You should also ask, "How many days a week does your child get at least eight hours of sleep per night? (catching up on the weekends does not count)- Less than 5 out of 7 days indicates your child is not getting sufficient sleep.

After the parent or caregiver totals up the score, the reactions can be extreme if the total score is between 8-16 with a "poor diet, needs significant changes." *It can range from shock and disbelief to anger, finger-pointing, or quiet resignation.*

Regardless of the emotion, you, as the FST Therapist must be poised to maintain calm and point out the fact that it is normal in today's environment to miss the connection between diet and good nutrition. The better question to ask is, "where do we go from here?"

#3 – Next Possible Action Steps

As discussed briefly in Worksheet #1, an ideal first step is some form of “experimentation” using an **FST Nutritional Playbook** (see Worksheet #3), around one meal out of the traditional three (breakfast, lunch, or dinner).

My favorite meal to recommend is breakfast because, with a good breakfast, the child is set up for a better day at school or a great start to the day. If mornings are too hectic for the parent, choose any meal.

Success Milestones

After you complete this worksheet, look for these success milestones in your practice:

- ✓ **Knowledge is Empowering** – The FST Nutritional Self-Assessment is like gold for both you and your clients. Whether you are a case manager or a direct therapist, watch for these specific areas of impact:
 - ✓ The *ah-ha* lightbulb moment. Your parents or caregiver will say something like, “Until I did this self-assessment, I never saw this nutrition stuff before and how bad it was in our home.”
 - ✓ You, as the therapist or case manager, will get excited as your insight into this area grows, and you have step-by-step concrete tools to address nutrition for the first time.
- ✓ **Reframing is Powerful** – The reframe of literally one bite at a time or one meal at a time as an experiment is powerful. You will see a connecting of dots from trauma-informed education (the FST self-assessment tool) to a trauma-responsive application (FST Nutrition Playbook).

Combine this process with the powerful **reframe of nutrition, not diet**, and you have “lighting in a bottle” for both you and your clients. Watch for the powerful impact this reframe and process has on both you and your families going forward. Knowledge and motivation is a powerful confidence builder for both you and your family.

Big Ideas: Lesson 2 Video

FST Nutritional Self-Assessment

- ✓ You saw the FST Nutritional Self-Assessment overview and where you can find other assessment tools as well.
- ✓ The six areas of traumatized brain growth are highlighted.

A Case Study Using the Self-Assessment

- ✓ You saw the FST Nutritional Self-Assessment in action from Samantha's family. This is the same case that is highlighted in your Safety First Module.
- ✓ The mom and stepfather scored within the range of a poor diet that needs significant changes.

Negotiating FST Nutritional Goals

- ✓ You viewed a critical crossroads in FST treatment.
- ✓ Previously, I negotiated family treatment goals with Samantha that included a hybrid of both safety first and special outings.
- ✓ Therefore, I did not want to overload any family with too many goals, too fast.
- ✓ In this case, Samantha's diet was so poor that it negatively impacted her depression and her other problems as well.
- ✓ The question is nutrition now, nutrition later, or nutrition never.
- ✓ You will see that a common response from your parents will be that nutrition doesn't matter or it's a lost cause because the child or teenager will never cooperate.
- ✓ My countermeasures to the stepfather's objections are illustrated.

Please Note: Materials that are included in this course may include interventions and modalities that are beyond your authorized practice as a mental health professional, case manager or parent support liaison. As a professional, you are responsible for reviewing your scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professional standards.