

First Approach Skills Training (FAST) Training

About the Training

First Approach Skills Training (FAST) programs are brief, evidence-based approaches for common child and teen mental health concerns. They consist of flexible, modular skills training adapted from frontline evidence-based treatments, ideal for clinicians to use in settings where longer treatments are not feasible, especially integrated care settings.

Seattle Children's FAST website offers ample resources and on-demand videos that give a basic introduction to the concepts and materials. The training courses described below include live workshops designed to give hands-on practice with key skills, address more advanced topics, provide opportunities for Q&A, and are designed to boost provider confidence, buy-in and fidelity.

FAST Training Course Options

We offer two training courses for clinicians:

FAST Short Course (FAST-Anxiety and FAST-Behavior): Online video modules followed by hands-on live workshops for the two most broadly used FAST programs. Key content in FAST-A focuses on exposure therapy, while FAST-B is parent behavior management training skills. Program implementation is supported via 3 expert-led group case consultation calls following the live training.

FAST Full Series (FAST-Anxiety, Behavior, Depression, Early Childhood, Parenting Teens and Trauma): Online video modules followed by 2-hour hands-on live workshops for each of the 6 programs. Key content includes core evidence based strategies for each problem area, such as exposure for anxiety, behavioral activation for depression, parent behavior management skills, and processing of trauma memories and thoughts. Program implementation is supported via 6 expert-led group case consultation calls following the 6 live trainings.

We encourage all clinicians to pursue the full series to obtain a comprehensive skillset for a wide range of pediatric primary care behavioral health concerns spanning development.

The following overview document is for our **Full Course**.

Eligibility

Licensed (or license-track) providers such as licensed social workers, registered nurses, and psychologists are eligible to receive training.

Prospective trainees *must* have an active pediatric caseload by the time they begin FAST training. Participants must also have a working camera allowing them to turn on their video during the entire training and case consultation calls.

Medical assistants and non-clinical staff members (such as case workers, patient navigators, etc.) are not eligible for FAST training at this time.

WASHINGTON PROVIDERS: The Seattle Children's FAST Program offers free training opportunities for Washington-based providers. Contact FAST@seattlechildrens.org to learn more.

Intended Audience:

- Licensed mental health providers (LICSW, LPC/LMHC, LMFT, PhD, PsyD)
- License-track mental health providers
- Registered Nurses
- Advanced Practice Nurse Practitioners, Physician Assistants, Physicians

Learning Objectives

- **FAST-A**
 - Identify families for whom FAST-P is indicated as a primary or adjunctive mental health treatment.
 - Understand the function of behavior and ways to increase behaviors the family wants to see more of from their teen.
 - Scaffold youth and families' abilities to collaboratively develop an effective plan for addressing and decreasing problems.
- **FAST-B**
 - Be able to assess and triage to appropriate intervention based on current disruptive behaviors.
 - Understand the function of behavior and ways to increase behaviors the family wants to see more of from their child.
 - Be able to help families develop an effective plan for addressing and decreasing disruptive behaviors.
- **FAST-D**
 - Understand common causal and maintaining factors for adolescent depression.
 - Use assessment and case conceptualization to match youth to appropriate interventions.
 - Possess familiarity and skills to begin delivering the workbook-based FAST-D program with teens and caregivers.
- **FAST-E**
 - Understand the key principles by which FAST-E and similar programs fosters parent-child relationships through reciprocal interaction training.

- Create and practice a “pitch” to engage caregivers in parent-focused treatment.
- Support families in developing an effective tantrum plan.
- **FAST- P**
 - Identify families for whom FAST-P is indicated as a primary or adjunctive mental health treatment.
 - Understand the function of behavior and ways to increase behaviors the family wants to see more of from their teen.
 - Scaffold youth and families’ abilities to collaboratively develop an effective plan for addressing and decreasing problems.
- **FAST-T**
 - Understand what trauma is and how it can impact children and teens.
 - Use assessment and collaborative treatment planning to match youth to appropriate interventions.
 - Possess familiarity and skills to begin delivering the workbook-based FAST-T program with children, teens and caregivers.

Instructor Credentials

Instructors vary by cohort

- **Jennifer Blossom, PhD:** Assistant Professor, University of Maine, FAST Programs Director of Research, Treatment Developer, Trainer & Consultant
- **Erin Gonzalez, PhD:** Associate Professor, University of Washington; Co-Director, First Approach Skills Training (FAST) Programs, Seattle Children's Partnership Access Line
- **Nat Jungbluth, PhD:** FAST Programs Co-Director, Treatment Developer, Trainer & Consultant

Refund Policy

Refunds may be granted at the AIMS Center’s discretion. All refund or cancellation requests must be submitted to bhskills@uw.edu. The AIMS Center will review requests and determine the appropriate course of action.

Course Breakdown

FAST Full Series training involves 31.5 hours of participant time (12.5 hours online training, 13 hours live training, 6 consultation calls) over the course duration (usually 4-6 months). Upon completion of all training requirements, participants receive the FAST completion certificate. Eligible providers can claim up to 31 Continuing Education Credits awarded by the American Psychological Association.

See below for a chart with the breakdown:

Training Component	Time (per clinician)	Includes:
Online Training and Live Workshops	25.5 hours	12.5 hours of self-paced online modules introducing the evidence base, foundations, and skills of FAST. 13 hours of live, interactive workshops via Zoom.
Case Consultation	6 hours (1 hour per call)	Group calls with 7-14 participants Participants present real cases and discuss challenging and complex case presentations with the trainer

Total Cost of FAST Short Course Training	
Cost of training:	\$1,100 per clinician

Continuing Education

FAST training offered by the AIMS Center provides *licensed* clinicians CE through the American Psychological Association (APA). Clinicians gain skills they can use with a wide spectrum of patient populations in a variety of settings. The Full Series offers up to 31 CE credits. Credits are earned at two different points in the training.

The AIMS Center at the University of Washington is approved by the American Psychological Association (APA) to sponsor continuing education (CE) for psychologists. The AIMS Center maintains responsibility for this program and its content.

CE credits can be used by most licensed mental health providers, including psychologists, nurses, clinical social workers, professional counselors, and marriage and family therapists. Clinicians should check their specific state requirements to confirm that these credits apply to them.

CE Eligible Providers

Psychologists, Licensed Social Workers, Licensed Mental Health Counselors, and license-track mental health providers.

How to Claim

To receive CE credits, participants must complete and attend the training in its entirety. After completing the online modules and live training of **EACH** workshop, participants take a CE quiz and must receive a minimum score of 75% in no more than 3 attempts. The CE certificate will be emailed to the email on record after passing the quiz. After completing case consultations, CE certificates will be emailed to participants who **presented at least one case and attended a minimum of 5 case Consultation calls**.

Conflicts of Interest Disclosure Information

There are no relevant financial relationships for anyone who was involved in the planning or who had control of the content of this training.

More Information

More information about FAST training and certification is available on the [AIMS Center website](#). If you have questions, contact the AIMS Center at bhskills@uw.edu.

UW AIMS Center communications are intended to be inclusive and accessible, and we are working to ensure our services and materials will conform to all ADA standards and WCAG 2.1 Level AA success criteria. To request accommodations connected to a disability or health condition, please contact Aaron Stellarini at (206).685.1824 or bhskills@uw.edu.