

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. 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 **Short 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

- Assess and triage families to appropriate intervention based on current disruptive behaviors and anxiety related symptoms.
- Understand the function of avoidance and be able to explain this to patients and families as well as behavior and ways to increase behaviors the family wants to see more of from their child.
- Be able to develop an effective fear hierarchy for brave practice.
- Assist families in developing an effective plan for addressing and decreasing disruptive behaviors.

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

This course involves 11.5 hours of participant time across approximately 2 months (4.5 hours online training, 4 hours live training, 3 case consultation calls). Upon completion of all training requirements, participants receive the FAST completion certificate. Eligible providers can claim up to

11 Continuing Education Credits awarded by the American Psychological Association.

Training Component	Time (per clinician)	Includes:
Online Training and Live Workshops	8.5 hours	4.5-hours self-paced online introduction to the evidence base, foundations, and skills of FAST-A and B. 4-hours live, interactive web-based workshops.
Case Consultation	3 hours (1 hour per call)	Group calls with 6-8 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:	\$600 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 FAST Short Course offers up to 11 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 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 2 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.