



# BRIEF STRATEGIC FAMILY THERAPY

BSFT is a family-focused, evidence-based practice that treats externalizing and internalizing symptoms for youth 6-18 years old. BSFT is short-term with treatment averaging about three months.

BSFT recognizes that the family itself is part of a larger social system (as a child is influenced by his or her family) and the family is influenced by the larger social system in which it exists. Sensitivity to contextual factors begins with an understanding of the influence of peers, schools, and neighborhoods on the development of children's behavior problems.

BSFT fosters parental leadership, appropriate parental involvement, mutual support among parenting figures, family communication, problem solving, clear rules and consequences, nurturing, and shared responsibility for family problems.

## Benefits of BSFT

- Restructures problematic family interactions
- Improves parenting practices, leadership, and guidance
- Improves family communication and relationships
- Improves bonding among family members
- Improves families ability to resolve conflicts
- Builds positive decision-making skills
- Reduces negativity in family interactions
- Reduces negative behaviors in youth



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