



Brief Strategic Family Therapy

BSFT is a family-focused, evidence-based therapy for children and adolescents 6- to 18 years old that successfully helps improve a youth's behavior by improving family interactions.

BSFT recognizes that the family itself is part of a larger social system (as a child is influenced by her or his 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 provides families with the tools to overcome individual and family risk factors.

Benefits of BSFT

- Improve parenting practices (setting clear, firm rules and consequences and monitoring behaviors)
- Improve parental leadership and guidance
- Improve family communication & relationship
- Improve bonding/connectedness among family members
- Improve families ability to resolve conflicts
- Build positive decision making skills
- Reduce negativity in family interactions
- Reduce negative behaviors

What to expect

Therapists use reframing techniques to help families draw upon their own strengths, and assign weekly tasks to parents as well as youth. Sessions target behavior problems, association with antisocial peers, substance abuse, and problematic family relations. Interventions are tailored to the unique characteristics of families and are implemented to achieve attainable treatment goals. Youth earn privileges by contracting to meet behavioral goals that are set cooperatively by the family and collateral agencies involved. BSFT is a short-term, problem-focused intervention. The average treatment includes approximately 12-15 sessions and lasts about three months.

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