

BRIEF STRATEGIC FAMILY THERAPY THE BSFT® MODEL

What Is Brief Strategic Family Therapy?

Brief Strategic Family Therapy (BSFT®) is an evidence-based practice treating youth behavior issues by restructuring problematic family interactions. It is well-supported in mental health, substance abuse, and parent skills. BSFT uses structured, problem-focused approaches combining various therapeutic models. It aims to change family interactions to reduce symptomatic behavior by targeting behavior, affect, and cognition. The therapist works with families to identify and change interactional patterns. BSFT fosters positive family dynamics through strategies like joining, diagnosis, and restructuring. It is recognized by various organizations and emphasizes parental leadership, communication, and mutual support. The program provides specialized engagement strategies to involve families. BSFT is recommended for families with troubled youth.



HOW THE BSFT MODEL WORKS

Brief Strategic Family Therapy® involves 12–17 weekly sessions lasting 60–90 minutes. The 4-step intervention includes:

- Forming a therapist-family team
- Diagnosing family dynamics
- Developing a treatment plan
- Implementing change strategies like reframing interactions and conflict resolution.



SUCCESS IN BRIEF STRATEGIC FAMILY THERAPY

Families showed significant:

- Increase in family participation in therapy
- Improvements in family interactions
- Improvement in family communication, conflict resolution, and problem-solving skills
- Improvement in family cohesiveness, collaboration, and child/family bonding
- Reduction of alcohol use among parents
- Reduction in adolescents' substance use
- Reduction of adolescents' association with antisocial peers
- Improvement in behavior



TO LEARN MORE:



Talk about whether Brief Strategic Family Therapy is right for you and your family with your current treatment provider! For more information about accessing services or to speak to a crisis worker, please call our 24/7 switchboard at 989-463-4971 or 800-600-5583.

