



Brief Strategic Family Therapy

Description

Brief Strategic Family Therapy (BSFT) is a structured therapeutic approach that provides intervention to families with children or adolescents (aged 6 to 17), exhibiting problem behaviors such as substance abuse, conduct problems, and delinquency. The therapy consists of three key intervention components. First, counselors establish connections with family members to gain a deeper understanding and actively engage with the family system. Second, counselors observe family dynamics to identify interactional patterns associated with problematic behavior in young individuals. Third, counselors work in the present by employing techniques such as reframing, assigning tasks, and coaching family members to explore new ways of relating to one another, fostering more effective and adaptive family interactions.

Brief Strategic Family Therapy has been well-supported by the Title IV-E Prevention Services Clearinghouse (<https://preventionservices.acf.hhs.gov/>).

Target Population

BSFT is designed for families with children or adolescents (**6 to 17 years**) who display or are at risk for developing problem behaviors including: drug use and dependency, antisocial peer associations, bullying, or truancy.

Dosage

BSFT is typically delivered in 12 to 16 weekly sessions, depending on individual and family needs.

Recommended Locations/Delivery Settings

BSFT can be delivered in a variety of settings such as community centers, clinics, health agencies, and homes.

Education, Certifications and Training

BSFT is delivered by trained therapists, typically with at least a master's degrees in social work, marriage and family therapy, psychology or a related field. Therapists are expected to have training and/or experience with basic clinical skills common to many behavioral interventions and family systems theory.

BSFT training consists of live workshops that address especially complex clinical dilemmas and allow time for therapists to practice essential skills. The workshops are a combination of didactics, practice exercises and videotape analysis of BSFT family sessions. They also include clinical case consultations and live family sessions if desired. BSFT training also consists of a supervision practicum that begins 1-2 weeks after the initial workshop and continues for 4-6 months depending on trainee advancement. This supervision practicum entails weekly phone reviews of the trainees' electronically recorded BSFT family therapy sessions, along with group feedback and consultation.

Sites that wish to offer BSFT are initially required to demonstrate readiness for integrating the BSFT program into their organization. To that end, a Site Readiness process is implemented prior to training. After sites successfully complete training and meet competency and fidelity requirements, they are then licensed. Both the Brief Strategic Family Therapy Institute and the Family Therapy Training Institute of Miami license sites.

Materials for BSFT are available in English and Spanish.

Contact Information for Developers

Brief Strategic Family Therapy® Institute
(305) 243-7585

bsft@med.miami.edu
<http://www.bsft.org/>

Family Therapy Training Institute of Miami
(305) 859-2121

info@bsft-av.com
<https://brief-strategic-family-therapy.com/>

States outside of Florida implementing BSFT under FFPSA:

- Virginia
Website: <https://familyfirstvirginia.com/index.html>
Email: familyfirst@dss.virginia.gov or ebplab@vcu.edu
- Michigan
Website: <https://www.michigan.gov/mdhhs/adult-child-serv/prevention-services>
- North Dakota
Website: <https://www.hhs.nd.gov/family-first>
Email: dhscfs@nd.gov

