



BSFT®

BRIEF STRATEGIC FAMILY THERAPY

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WHAT IS BSFT®?

BSFT® is a short-term, evidence-based, problem-focused therapy that aims to improve parent-child interactions, develop conflict resolution skills, build upon parenting skills, and increase communication between family members

WHO CAN BSFT® HELP?

Families with children ages 6-17 who display:

- externalizing behaviors (e.g. substance abuse, defiance, truancy, bullying) and/or
- internalizing symptomatology (e.g. depression, anxiety)

The aim of BSFT is to keep families together and prevent out-of-home placement of North Dakota youth.

HOW CAN BSFT® HELP?

With the help of our trained staff, BSFT® fosters:

- Effective parental leadership
- Clear rules and expectations
- Supportive and positive interactions
- Healthy family relationships
- Expressive communication



Treatment Length

Referred families can be successfully treated in as few as 12-16 weekly sessions



Cost

BSFT® is part of the Children and Family Services' Families First Prevention Plan and is delivered to eligible North Dakota families at **NO COST**



Service Areas

Bismarck/Mandan
Williston
Minot
Fargo
Jamestown
Grand Forks

