

Brief Strategic Family Therapy

The family is defined by an organizational structure that is characterized by degrees of closeness, love, equality, and purpose as well as high levels of shared values, interests, activities, and cohesion in the needs of its members. Families may be considered a system, dependent either on one made up of several interdependent and interacting parts. It will become clear a significant influence on all other members. If no positive change in an identified client, themselves, family members have to change the way they interact. If family therapist is able to shift the present relationships more than the past. They are interested in the balance family members between higher degrees than functional dysfunctional families.

Strategic refers to the development of a specific strategy, planned by adviser by the therapist, to resolve the presenting problem as quickly and efficiently as possible.

DESCRIPTIONS

Brief Strategic Family Therapy (BSFT) is a short-term, problem focused therapeutic intervention, targeting children and adolescents to 17 years old, that improves youth behavior by eliminating or reducing drug use and/or associated substance problems and thus changes the family members' behaviors that are linked to both risk and protective factors related to substance abuse. The therapeutic process consists of four phases:

Joining - forming a therapeutic alliance with all family members

Diagnosing - identifying interconnected patterns that allow or encourage problematic youth behavior

Ruthinating - the process of changing the family interactions that are directly related to problem behaviors

PROGRAM DESCRIPTION

BSFT was developed at the Spanish Family Guidance Center in the Center for Family Studies, University of Miami. BSFT has been conducted at three centers since 1977. The Center for Family Studies is the Nation's oldest and most prominent center for the development and testing of minority family therapy interventions for prevention and treatment of adolescent substance abuse and related behavior problems. It is also the Nation's leading center of research programs, family therapy for Hispanic Latino families.

ESSENCIALS

This program was developed for an adolescent audience. It targets a family with problem problems, substance use, problematic family relations, and association with antisocial peers.

COUSERS/PEOPLE

ADOLESCENT, ANTI SOCIAL AGGRESSIVE BEHAVIOR, ILLEGAL DRUGS, SOCIAL, MENTAL EMOTIONAL, COMPLEXITY, TOBACCO

This program addresses family risk and protective factors in problem behaviors, including substance use among adolescents.

Content as a primary target population.

The program involves family systems therapy, involving all family members. It seeks to change the way family members act toward each other so that they will prevent each other's malady from behaviors that are typical for the family to achieve competence and to improve individual behaviors.

INTERVENTION: BILBOARDS

EDUCATIONAL: Law and social skills training

FAMILY: (Home visit, Parent education/family therapy, Parent education/parenting skills training)

Family-focused family education, wherein combining social skills training or improve family interaction (or family plus skills)

PILLS: (Prevention education)