

Brief Strategic Family Therapy™

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BSFT™

Video Clip

BSFT™ Change Objectives

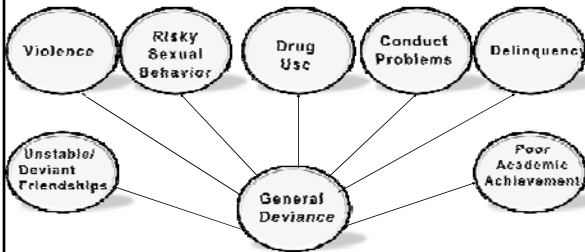
- Reduce adolescent problem behaviors
 - Drug use
 - Delinquency in the company of peers
 - Conduct disorder
- Replace maladaptive family interactions with adaptive interactions
 - Parental Leadership
 - Family Conflict and Conflict Resolution
 - Over- or Under- Involvement

**Evolution of BSFT™
Empirically Validated Approach**

Developed with:

- Minority youth with co-occurring disorders
- Clinics in the community
- Therapists from community agencies
- Interplay of theory, research, and practice

**General Deviance
in Children and Adolescents**



Adapted from McGee & Newcomb, 1992

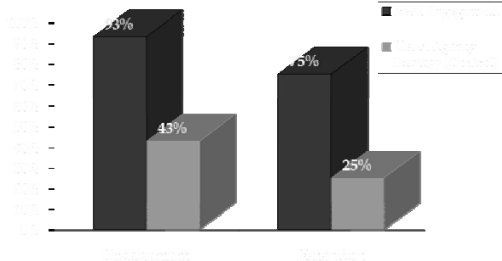
**Comparing
BSFT with Specialized
Engagement Procedures to
BSFT™ with Engagement
as Usual**

Randomized Trial

Szapocznik et al. (1988)

funded by the National Institute on Drug Abuse

Engaging and Retaining Difficult Youth and Family Members



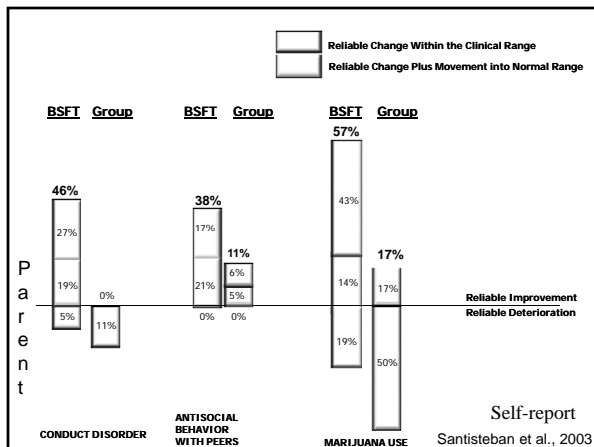
Szapocznik et al., 1988

Comparing Brief Strategic Family Therapy and Group Counseling

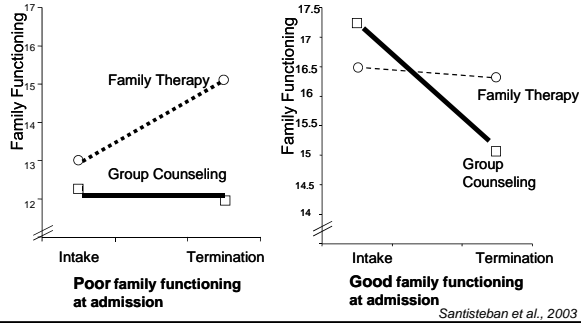
Randomized Trial

Santisteban et al. (2003)

funded by the National Institute on Drug Abuse



Impact of Family Therapy and Group Counseling on Family Functioning



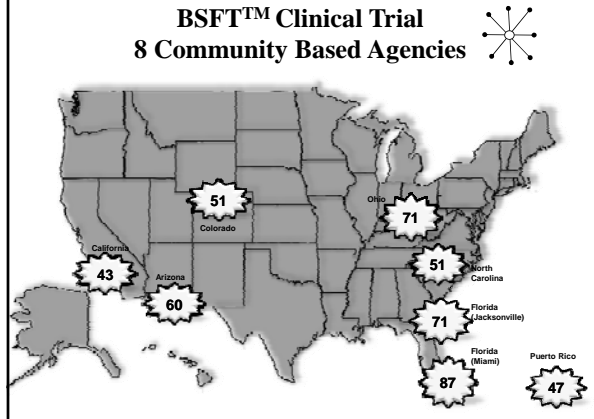
Examining the Effectiveness of BSFT versus Treatment as Usual with Drug Abusing Adolescents

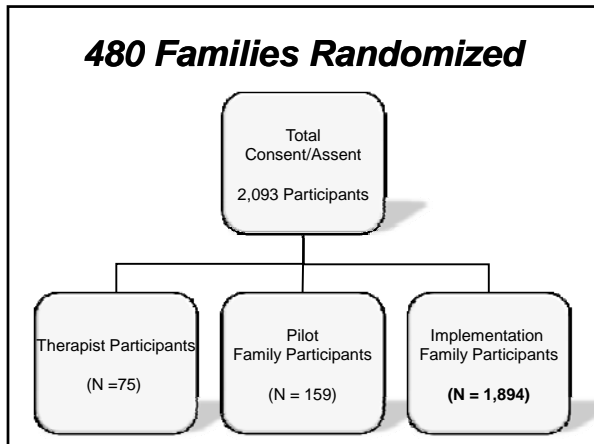
Randomized Trial

Robbins & Szapocznik (in progress)

funded by the National Institute on Drug Abuse

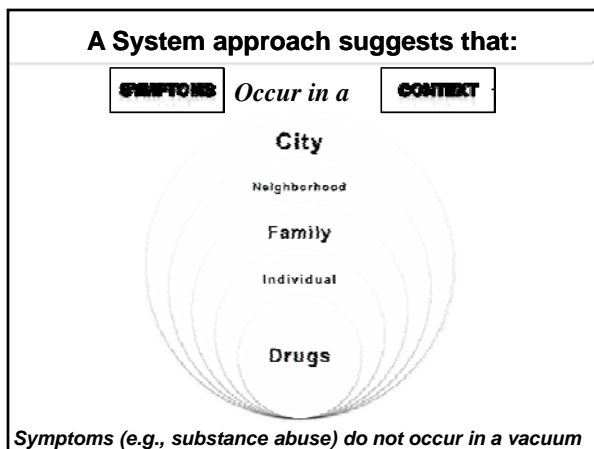
BSFT™ Clinical Trial 8 Community Based Agencies





BSFT™ Treatment Philosophy

- Adolescent symptoms are best understood and changed by focusing on the context in which they occur



BSFT™
A Systems Approach

- Systems Theory
 - holistic
 - circularity
 - feedback loops
 - systemic homeostasis

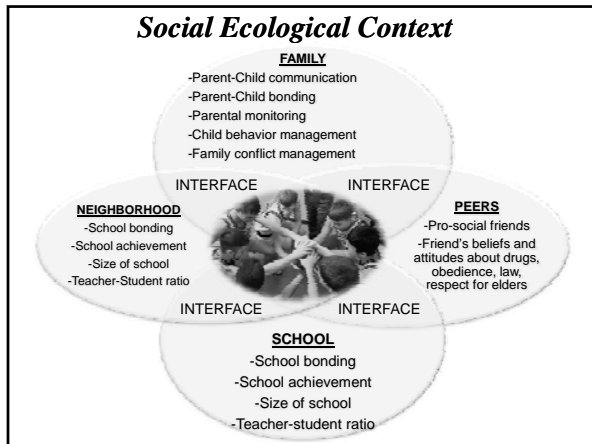
Systems Theory

- Family as a set of interlocking puzzle pieces
- If one piece changes, others have to change or reorganize to come together as one picture
- The behaviors of one part of the system are complemented, allowed, facilitated or “fit in” with the behaviors of other parts of the system

System = Comprised of components that are interrelated and interdependent

Structural / Interactional Theory

- The family system operates through repetitive patterns of interactions (Structure)
- The focus of the intervention is to change dysfunctional repetitive patterns of interactions along structural dimensions
- Emphasis is on the distribution of power in the family boundaries between persons and subsystems, and between the family and the outside world



STRATEGIC FOCUS

- Practical
 - Tailored to the characteristics of each family
- Problem focused:
 - Interventions directly address patterns of interaction most closely related to the presenting problem
- Planned:
 - Interventions are intentional and directive (immediate, intermediate, and end of session outcomes)

(Erickson, Haley)

Cognitive Behavioral Focus

- Interventions modify family members' views of themselves, other family members, and their interactions to create a motivational context
- Facilitating motivation requires a systematic "relational" focus
- Shifts in views can accelerate positive interactions and interrupt negative interactions

Preparing the Terrain

JOINING = GETTING INTO THE FAMILY IS A RELATIONAL AND POLITICAL PROCESS

Hurdles to overcome:

- Guilty, anxious and defensive family members
- Expect criticism
- Outnumber the therapist
- Have long-standing rules
- Set to resist, not to cooperate

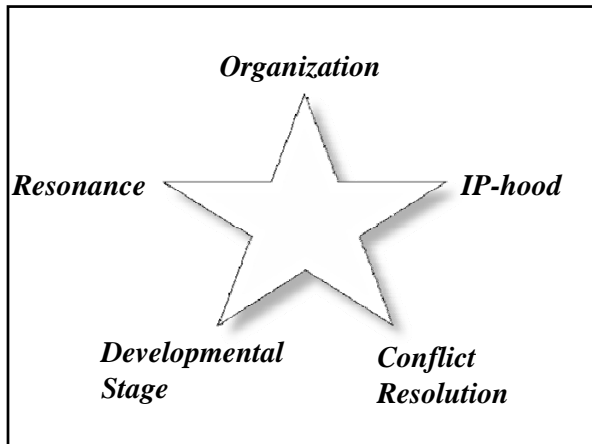
Keys in the Joining Process

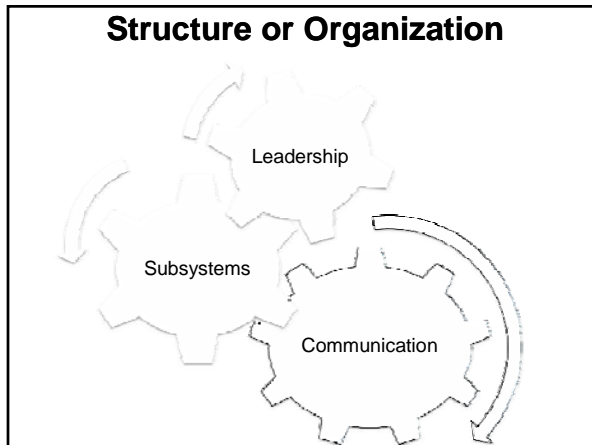
- Maintain a relational focus
- Do **not** challenge (persons or the family system)
- Be supportive to all
- Offer validating statements
- Be empathic to everyone
- Convey respect to every member
- Be open to different frames (definitions) of the problem

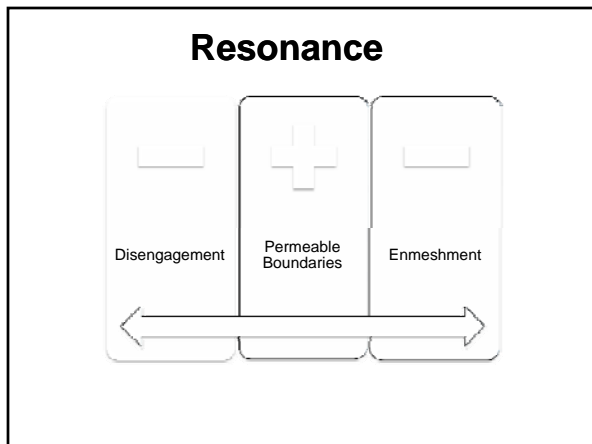
Understanding How Families Work

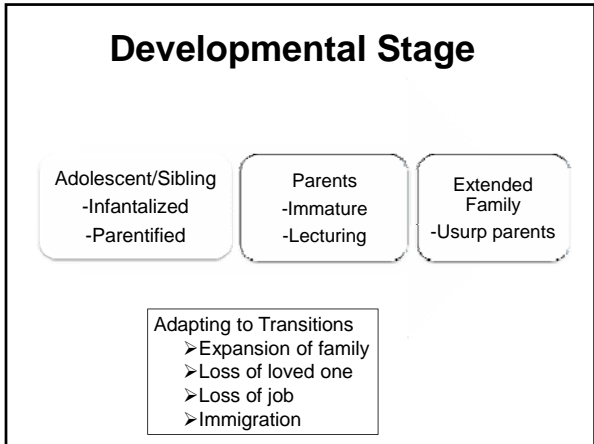
Goal is to identify which family interactions are responsible for giving rise to or maintaining dysfunctional structures

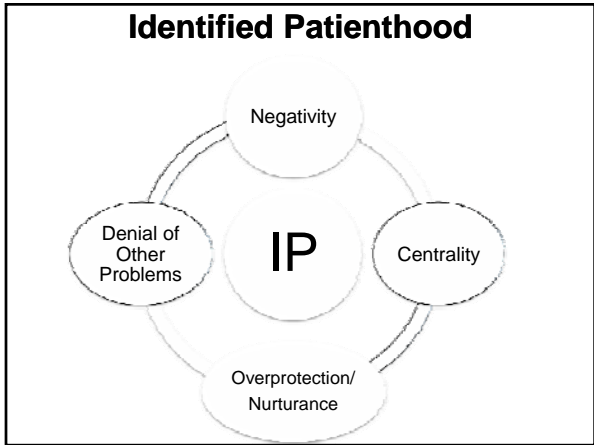
The *BSFT™* Diagnostic Dimensions

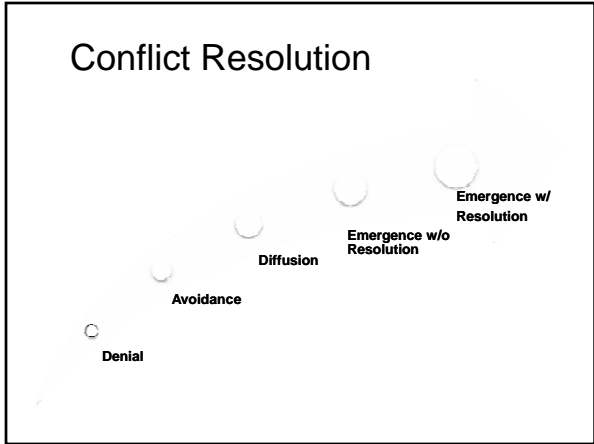






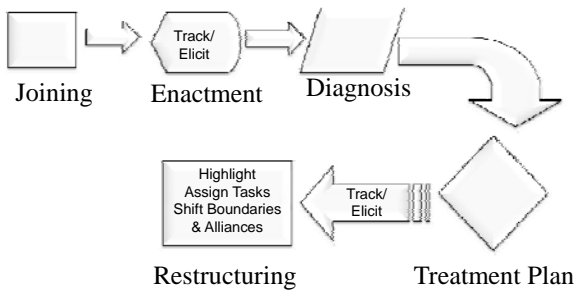






ORCHESTRATING CHANGE

Change Sequence



BSFT™

Video Clip

RESTRUCTURING TECHNIQUES

- **Highlighting**
- **Creating context for change**
- **Reversals (blocking transactions)**
- **Working with boundaries**
- **De-triangulating**
- **Tasks (in session and homework)**

***Highlighting
Intensifying Transactions***

- **Word choice**
- **Tone**
- **Affect**
- **Duration**
- **Repetition**
- **Volume**
- **Use of Distance**

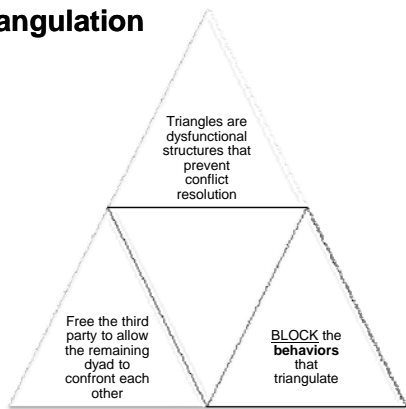
Creating a Context for Change

- Changing behaviors requires selling a new frame AND disrupting established sequences
- Conserve alliances while covertly challenging family organizations (validation, selectively attend to positive behaviors)
- Reduce negativity that typically accompanies the presenting problem(s)
- Create new "frame" consistent with and conducive to the new interactions that are being elicited

Working with Boundaries

- | | |
|---|--|
| <p>To Dissolve:</p> <ul style="list-style-type: none">➤ Distance – separate➤ Enhance difference➤ Involve w/others➤ Uncover implicit conflict➤ Bring in other people | <p>To Create/Strengthen:</p> <ul style="list-style-type: none">➤ Join to each other➤ Enhance similarities➤ Give joint tasks➤ Make contracts➤ Separate others |
|---|--|

De-triangulation



INNOVATIONS IN THE BSFT™ TRAINING PROGRAM

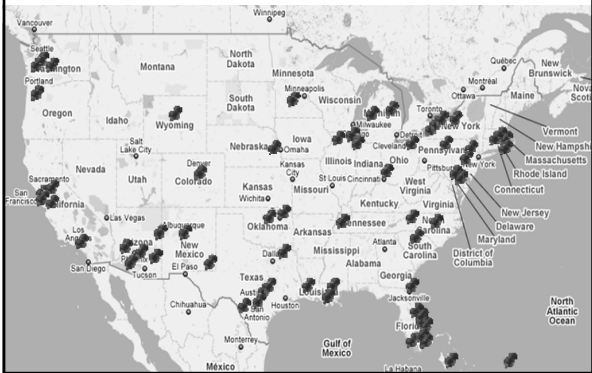
For 20 years BSFT™ therapists have been trained with generous support from:

- Local and State funding
- Federal Grants
- Private foundations

Where We Have Trained



Cities in the United States



Countries in the World



The Training Process

- The standard BSFT™ training package consists of:
- Four 3 day interactive workshops
- Weekly supervision of therapists' DVDs by phone or video conferencing
- Supervision for 6-8 months depending on therapists' ability to see families regularly
- Training of an on site supervisor

Role of the BSFT™ On Site Supervisor

- Provide leadership over the activities of the BSFT™ Team
- After the initial training phase, provide weekly supervision to the team
- Meet with the BSFT™ Trainer weekly for ongoing guidance on maintaining team adherence to the model

Sustainability Requirements

BSFT™ agencies are supported to maintain competency of their therapists through:

- Ongoing supervision by the BSFT™ on site supervisor
- Monthly adherence ratings of therapists' DVDs
- Booster workshops

Brief Strategic Family Therapy™

Thank you

Additional Inquiries:
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(305) 243-7585
