Would you like to turn negative arguments with your child into positive communication? Eliminate fear of setting rules or giving consequences because they won’t be followed? Improve caring relationships among your family members? If so, Brief Strategic Family Therapy could be for you!
BSFT is an effective, brief, and practical treatment approach for families with children and adolescents (ages 6-18) who are experiencing emotional or behavioral problems. BSFT has researched extensively over the past 45 years and found to be effective in improving behavioral and emotional problems experienced by youth.

BSFT is a strength-focused therapy that addresses emotional and behavioral problems in youth by engaging youth and their family in the treatment process with a goal of improving their interactions with each other. It is a brief intervention that can be implemented in 12-16 sessions, depending on the severity of needs.

BSFT strengthens families by giving them the tools to reconnect with each other and build positive relationships at home and in their communities.