

Customer Service 989.772.5938  
24 Hour CRISIS Telephone  
800.317.0708  
Convenient Office Locations and Hours

**Clare County**  
789 North Clare Avenue  
P.O. Box 817  
Harrison, MI 48625  
989.539.2141

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989.772.5938

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989.426.9295

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## Brief Strategic Family Therapy

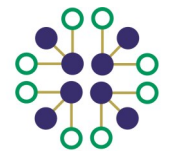
Would you like to turn negative arguments with your child into positive communication? Eliminate fear of setting rules or giving consequences because they won't be followed? Improve caring relationships among your family members? If so, Brief Strategic Family Therapy could be for you!

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**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

## What is Brief Strategic Family Therapy (BSFT)?



### Goals of BSFT

Families are the center of a child's world. The goal of BSFT is to resolve presenting problems in youth by:

- Improving family communication
- Supporting parents in their leadership roles
- Helping families solve problems in ways unique to their own family culture
- Reconnecting family members experiencing conflict with each other
- Encouraging the health and well-being of all family members

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.

