

BSFT™ Bulletin

Brief Strategic
Family Therapy™
Training Institute

An Evidence-Based Practice

Dear Keith

We hope that you value our premier issue of "BSFT™ Bulletin." Our objective is to provide useful information for legislative, judicial, clinical, foundational and other leaders who seek cost-effective family interventions that work. *The BSFT™ Training Institute*

UNIVERSITY OF MIAMI
MILLER SCHOOL
of MEDICINE



"The clinical manual presents a clear theoretical and conceptual base for understanding the clinical components and sequencing of intervention phases."

NREPP Review

**BSFT™
Program:
Strengthening
Youth and
Families**

BSFT™ Trainers

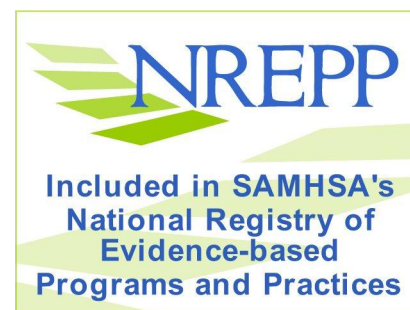
NREPP Reviews BSFT™ Program

The National Registry of Evidence-based Programs and Practices (NREPP), a service of the Substance Abuse and Mental Health Services Administration (SAMHSA) has again reviewed and listed the BSFT™ Program as an evidence-based practice.

The NREPP review noted that the BSFT™ Program has been implemented at numerous community agencies in the United States, as well as in Germany, Chile and Sweden.

Dr. José Szapocznik, BSFT™ Training Institute Director and Developer stated, "It is gratifying to receive such a comprehensive overview regarding a model that we have been developing and evolving for many years."

NREPP analyzed data regarding five major BSFT™



NREPP Reviews BSFT™ Program (con't.)

In another BSFT™ program study, adolescents who participated in the BSFT™ Program showed a significantly greater reduction in socialized aggression than adolescents in the comparison condition. Further, adolescents receiving BSFT™ Program showed a significant reduction in overall substance use.

Finally, adolescents who participated in the BSFT™ Program reported significantly better family functioning than adolescents in the comparison group.



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Program outcomes:
engagement in therapy;
conduct problems; socialized
aggression (delinquency in
the company of peers);
substance use; and family
functioning.

Regarding engagement; in
one study, families who
received the BSFT™
Program were significantly
more engaged in therapy
than families in the
comparison groups, who
received standard family
therapy or standard group
therapy.

Concerning conduct; in one
study, adolescents who
participated in the BSFT™
Program showed a
significantly greater
reduction in conduct
problems than adolescents in
the comparison condition,
who received a participatory-
learning group intervention.

To read the entire NREPP
Review, visit:
[BSFT™ NREPP Review](#)

Contact Us

As you consider the cost
effectiveness of well-designed
and tested family programs,
consider the BSFT™ Program
outcomes in the NREPP
Review. Whether you have
employed the BSFT™ Model in
the past or present or are
considering evidence-based
practices, the BSFT™ Program
Training Institute team
encourages you to contact us
with your inquiries.

Phone (305) 243-7585
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