



**BSFT® aims to keep families together and prevent out-of-home placement of New Jersey Youth**

**Children's Aid and Family Services**

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# What We Offer Population

BSFT® is designed for DCPD families with children or adolescents (6 to 18 years) who display or are at risk for developing problem behaviors, including drug use and dependency, antisocial peer associations, bullying, or truancy

## Program

BSFT® is typically delivered in 12 to 16 weekly sessions in community centers, clinics, health agencies, or homes.

BSFT® therapists are required to participate in a structured program of training to achieve Competency, and then are required to remain in a course of fidelity monitoring for adherence

Service area:  
Bergen, Essex, and Hudson Counties

## Program Goals

- ✓ **For child/youth:**
  - Reduce behavior problems, while improving self-control
  - Reduce associations with antisocial peers
  - Reduce drug use
  - Develop prosocial behaviors
  
- ✓ **For the family:**
  - Improve maladaptive patterns of family interactions (family functioning)
  - Improve family communication, conflict-resolution, and problem-solving skills.
  - Improve family cohesiveness, collaboration, and parent-child bonding.
  - Improve effective parenting, including successful management of children's behavior and positive affect in the parent-child interactions.



# About

BSFT® is a short-term, evidence-based, problem-focused therapy that aims to improve parent-child interactions, develop conflict resolution skills, build upon parenting skills, and increase communication between family members.



## Reach Us



[casfsnj.org](http://casfsnj.org)



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# Brief Strategic Family Therapy®