



“Ultimately, the goal of BSFT® is to transform interactions from conflictive to **collaborative**, from anger to **love**, from negative to **positive**, and from habitual to **proactive**. Families change because the love that is trapped behind the anger is allowed to flourish.”

– Szapocznik and Hervis
(BSFT® developers)



Service Areas

Bismarck/Mandan
Williston
Minot
Fargo
Jamestown
Grand Forks



Contact Us



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Brief Strategic Family Therapy®





About Us



What is Brief Strategic Family Therapy (BSFT®)?

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.

With the help of our trained staff, BSFT® fosters:

- Effective parental leadership
- Clear rules and expectations
- Supportive and positive interactions
- Healthy family relationships

What you will see from BSFT®



Improved family communication, conflict resolution, and problem-solving skills



Improved family cohesiveness, collaboration, and bonding



Reduction in negative attitudes and behaviors



Improved self-identity and self-control



Increase in healthy social relationships with peers



What Does It Cost?



BSFT® is offered to eligible North Dakota families at **no cost**.

BSFT® is part of Children and Family Services' **Families First Prevention Plan**.

BSFT® is delivered through the Division of Juvenile Services and serves **youth between the ages of 6-17**.

Referred families can be successfully treated in as few as **12-16 weekly sessions**.