

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*



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

NREPP Review

BSFT™: Strengthening Youth and Families

BSFT™ Trainers

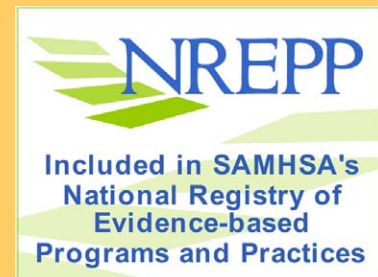
NREPP Reviews BSFT™

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 BSFT™ as an evidence-based practice.

The NREPP review noted that BSFT™ 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™ outcomes: engagement in



NREPP Reviews BSFT™ (con't.)

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

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

To read the entire NREPP Review, visit:



**BSFT™ Team L to R:
Joan Muir, PhD; Maria Tapia,
LCSW; Ruban Roberts, MSW;
Clara Abalo, LMHC; Mike
Robbins, PhD; and Monica
Zarate, LMHC**

**Brief Strategic Family
Therapy™ Training
Institute
Center for Family Studies
University of Miami
1425 NW 10th Avenue
Miami, Florida 33136
Phone (305) 243-7585
Fax (305) 243-2320
BSFT@med.miami.edu**

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

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

[BSFT™ NREPP Review](#)

Contact Us

As you consider the cost effectiveness of well-designed and tested family programs, consider the BSFT™ 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™ Training Institute team encourages you to contact us with your inquiries.

**Phone (305) 243-7585
BSFT@med.miami.edu**

Join Our Mailing List!

[Forward email](#)

SafeUnsubscribe®

This email was sent to kmoak@med.miami.edu by bsft@med.miami.edu.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



BSFT Training Institute | 1425 NW 10th Avenue | Center for Family Studies | University of Miami | Miami | FL | 33136