

## Behavioral Family Therapy (BFT)

BFT is a single family psychoeducation model designed by developing collaborative working relationships between a client's treatment team and his or her family, including the client, in order to better manage the psychiatric disorder, reduce stress in the family, help the client make progress towards personal recovery goals, and improve the well-being of everyone in the family. The program includes the following components: **a)** assessment of each family member and the family as a whole; **b)** psychoeducation about the nature of the psychiatric disorder and the principles of its treatment; **c)** communication skills training; **d)** problem solving training; and **e)** special problems. The family program is usually provided over a 9 to 24 month period.