



Oxfordshire and Buckinghamshire Early Intervention Psychosis Service

Behavioural Family Therapy (BFT)

What is Behavioural Family Therapy (BFT)?

Behavioural Family Therapy is a practical skills-based intervention that usually lasts 10-12 sessions over six months. It provides information to you and your family about your mental health issues and treatment.

This type of family therapy promotes positive communication, problem solving skills and stress management within the family. You can complete work on recognising early signs of relapse and develop a clear relapse plan as a family.

The needs of all family members are addressed, and individuals are encouraged to identify and work towards their own goals. This is an individualised approach and is based on the assessment of the family's needs.

How can I be referred?

If you are interested in finding out more about this family therapy, please discuss it with your Care Coordinator at your next appointment.

Who will I see?

You will be seen by a mental health professional within the team who has completed specific training in BFT. This could be your care coordinator or another team member. The BFT sessions are facilitated by either one or two family workers.

What can I expect?

The family worker will meet with you and your family to discuss the benefits of the approach. Each family member will be seen separately by the family worker for an assessment to identify individual needs and goals for each person.

The pace and timescale of the support varies from family to family. This will be agreed with your family worker. Booster sessions and on-going support is available if needed. Family work is best delivered in the family home, at a time suitable for all family members to attend. Each session usually lasts an hour.



Who can family therapy help?

Research shows that family therapy is effective in reducing stress for service users and families, significantly reducing relapse rates and helping to promote recovery in those suffering with mental health problems. The evidence base is strongest for those families experiencing psychosis but can be used for other families under stress who come into contact with mental health services.



Family experiences of BFT

'We now recognise the early warning signs of relapse and act accordingly. This prevents my son going deeper into crisis.'

'It gave us a chance to say things that we would not normally say.'

'It's difficult to say where we would be today if we hadn't had these meetings. I don't know what would have happened.'

'I always found that it gave me a lift. Once they'd been (BFT workers) it didn't seem as bad... and you sort of realise that they were understanding how you felt.'

'Very very effective. On a scale of 0 to 10, I'd say 10 definitely.'

'My son, myself and my family are proof that BFT can and does work. It not only gave my son his life back, it gave me my life back too. I am now able to do the things in life I want to do...'

Notes

Notes

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછી

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This service is part of our Adult Directorate.