Q: Could you offer some feedback about the flexibility offered within ESFT to incorporate other treatment models?

A: Therapist and supervisors are encouraged to view ESFT as a meta model well postured to incorporate other treatment approaches. Here, the therapist always enters the therapy via the ESFT lens. The purpose is to think broadly about how to assist the caregiver(s) to respond effectively to the child’s presenting concerns. As the assessment process unfolds, the therapist and caregiver(s) may discover that the child’s presenting concerns may best served by incorporating other therapeutic techniques and/or adding another mental health professional to the treatment team that complements the family therapy process. The family therapist must clearly articulate how incorporating another treatment model within ESFT, eg, trauma informed cognitive behavioral therapy for the child or caregiver, strategically advances the treatment plan.